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FITNESS AND AMATEUR SPORT ACT IN ALBERTA

by

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A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES

IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE

OF MASTER OF ARTS

FACULTY OF PHYSICAL EDUCATION

EDMONTON, ALBERTA

JULY, 1968



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UNIVERSITY OF ALBERTA

FACULTY OF GRADUATE STUDIES

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies for acceptance, a thesis entitled "Fitness and Amateur Sport Act in Alberta," submitted by David Robert Wilkie in partial fulfillment of the requirements for the degree of Master of Arts



## ABSTRACT

The problem developed in this study was to collect, compile, and summarize information relative to the administration of the Fitness and Amateur Sport Act in the Province of Alberta. The study encompassed the time period from April 1, 1962 to March 31, 1967.

The relative information was collected by examining primary and secondary sources of data, interviewing authorities in the area, and administering questionnaires to and conducting interviews with, recipients of assistance from the Fitness and Amateur Sport Program.

It was concluded from the investigation that the Fitness and Amateur Sport Program had furthered the objectives stated in Bill C-131. The extent to which the objects were furthered was possibly limited by not using the assistance offered by the Act to a greater extent.

From the investigation, it was concluded that, a more complete use must be made of the Program if the objectives of the Fitness and Amateur Sport Act are to be promoted to their greatest extent. A knowledge and understanding of the Act are requisites for optimum use and participation.



## ACKNOWLEDGEMENTS

I am deeply indebted to the many persons who assisted me in the completion of this study.

To the members of my committee, Dr. W. D. Smith (Chairman), Dr. S. E. Drugge, and Dr. R. B. Wilberg, I would like to extend a special word of thanks.

My sincere appreciation is extended to the Fitness and Amateur Sport Directorate, Government of Canada, and the Department of Youth, Government of Alberta. The study could not have been completed without their co-operation.

To my typist, Mrs. Rosemary Robertson, goes a sincere thank-you.

Finally I would like to thank my family, who unselfishly accepted many of my responsibilities. Their constant assistance cannot be measured. To them I will forever be in debt.





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## CHAPTER I

### STATEMENT OF THE PROBLEM

#### I. INTRODUCTION

On September 29, 1961, the Government of Canada assented to the passing of Bill C-131 (Appendix A), "An Act to Encourage Fitness and Amateur Sport," (18). This legislation has been considered a major advancement in Canadian physical education and its allied areas (12:248).

The Act was not the first such legislation attempted by the federal government. In 1943, the passing of Bill No. 138 (Appendix B), "The National Physical Fitness Act," represented the initial step (12). The people of Canada failed to take full advantage of the program resulting in its appeal (Appendix C) on June 26, 1965 (19).

Many persons have been of the opinion that the present legislation is destined to succeed (6). The degree of success of the legislation depends on the amount and type of use by the public. A knowledge and understanding of the Act are requisites for optimum use and participation.

The primary reason for the study was to assist in the promotion of the knowledge and understanding of the Fitness and Amateur Sport Act, as it has applied to Alberta.

The second reason for the study was to collect the views of those in Alberta who have received assistance under the Act. The views described the efficiency of the administration of the Act as seen by the participating persons and groups. The information may assist the provincial and federal authorities in acquiring a better understanding of the recipients role in the program.



In summary, the study was to provide practical information, pertaining to the administration of the Fitness and Amateur Sport Act in Alberta, to both the persons eligible for the assistance under the Act and the administrators of the Act. The fiscal years from April 1, 1962 - March 31, 1967 were selected for investigation.

## II. THE PROBLEM

The problem of this investigation was to collect, compile and summarize the available information relative to the administration of the Fitness and Amateur Sport Act in the Province of Alberta during the first half decade, April 1, 1962 - March 31, 1967 of the Program's existence.

## III. DELIMITATIONS

The survey encompassed the period of time from April 1, 1962, to the completion of the fiscal year 1966-67. In the Dominion of Canada, each fiscal year ends the thirty-first day of March.

The content of the study centered around the Fitness and Amateur Sport Program in the Province of Alberta. No attempts were made to include any projects which did not become an operational part of the Program.

## IV. LIMITATIONS

The first two years under the Act were primarily organizational in nature (23, 28). Major emphasis in the study was on the last three years, April 1, 1964 - March 31, 1967.





The method of investigation included the use of the questionnaire and the interview. According to Van Dalen (11) and other authors (1, 3, 10, 43), the reliability of the responses obtained by these methods must be held in reservation. People responding, often do not supply the researcher with valid data. No attempts were made to question the validity of the subjects' replies.

The subjects responding to the questionnaires and interviews were recipients of assistance under the Act. They may have been inclined to speak more favourably of the administration of the Act than unsuccessful applicants.

A further limitation was the time interval between the data collection and the completion of the written report. Various modifications may have been initiated during this time.

## V. DEFINITION OF TERMS

The following definitions apply throughout the study.

### Act

Bill C-131, An Act to Encourage Fitness and Amateur Sport.

### Program

The Fitness and Amateur Sport Program which developed as a result of the Act.

### Directorate

Fitness and Amateur Sport Directorate (Appendix D). The administering body of the Act and a Branch of the Department of National Health and Welfare.



### Minister

The Minister of National Health and Welfare.

### Council

". . . the National Advisory Council on Fitness and Amateur Sport, consisting of not more than thirty members to be appointed by the Governor in Council," (18:423). The members were appointed for a term not exceeding three years. Each province had a representative on the Council.

### Center

The Canadian Documentation Center, a clearing house and reference library for literature on fitness, physical education and allied fields, operated under the Fitness and Amateur Sport Directorate. It was situated on the campus of the University of Ottawa.

### Fitness

". . . the state in which a person is able to function at his physical and mental optimum," (28:1).

### Amateur Sport

". . . any athletic activity when engaged in solely for recreation, fitness or pleasure and not as a means of livelihood," (28:1).

### National Sports Governing Bodies

The organizations which control the regional, national, and international amateur activities of their respective sports, e.g., Canadian Amateur Hockey Association.



### Provincial Sports Governing Bodies

The organizations which control the provincial amateur activities of their respective sports, e.g., Alberta Amateur Hockey Association.

### Provincial Authorities

Employees of the Recreation Branch of the Department of Youth, Government of the Province of Alberta, who administer the Federal-Provincial Program of the Fitness and Amateur Sport Act in Alberta.

### Federal Authorities

Employees of the Fitness and Amateur Sport Directorate, Department of National Health and Welfare, Government of Canada, who administer the entire Fitness and Amateur Sport Program.

### Fitness Unit

A research unit which was operated at the University of Alberta in Edmonton by funds from the Fitness and Amateur Sport Act, and was responsible for conducting research related to the area of fitness.

### Scholarship

An award granted for educational improvement in the areas of physical education and recreation and based entirely on academic ability. The monies for such awards originate from the fund allotted under the Act to the Directorate.

### Bursary

An award granted for educational improvement in the areas of physical education and recreation and based on both academic ability





and financial need. The monies for such awards originate from the fund allotted under the Act to the Directorate.

### Fellowship

An award granted for educational study in the fields of physical education and recreation and based on the need in Canada for additional information in the study area. The monies for such awards originate from the fund allotted under the Act to the Directorate.



## CHAPTER II

### METHODS AND PROCEDURES

The Fitness and Amateur Sport Act of 1961 provided, ". . . for an annual allocation of \$5 million to encourage, promote and develop fitness and amateur sport among the people of Canada," (28:126). The federal aid under the Act was (28:126):

. . . channelled through three main streams. The first is through grants to the provinces for development at the community level. The second is through direct assistance for nationally organized agencies, either to assist national or international competition and for development purposes, and for fellowships and scholarships, research, information services and the like. A third channel is direct services provided through the department, the costs of which are a charge against departmental appropriations and not those provided for under the act.

For the purposes of this study, the second stream was subdivided into (a) aid to national organizations, (b) fellowships, scholarships and bursaries, (c) research, and (d) co-ordinating agencies.

In the first chapter, it was stated that the survey was to provide information which would lead to a better understanding of the Fitness and Amateur Sport Program in Alberta. That information was considered to be of interest to both the persons involved in the administration of the Program and to those most likely to be influenced by the Program. Two methods were utilized in securing the information, (a) a search of the available literature, and (b) the questionnaire and interview techniques.

The related literature concerning this investigation was selected from both primary and secondary sources. The primary sources included (a) annual reports, (b) governmental debates, (c) official records, (d) documents, and



(e) government publications. The secondary sources consisted of (a) newspapers, (b) books, (c) unpublished graduate work, including papers and theses, and (d) professional journals and periodicals.

The questionnaire and interview techniques were used primarily in the compilation of the viewpoints of those persons who had received assistance from the Fitness and Amateur Sport Program. Each recipient was asked his opinion of the efficiency of the Program on the basis of his personal involvement.

The study consists of six chapters. The remaining divisions are Historical Background, The First Half Decade, The Five Point Program, and the Summary, Conclusions, and Recommendations.

## I. HISTORICAL BACKGROUND

In this chapter, the past developments of the Province of Alberta and the Dominion of Canada in the areas of physical fitness and recreation were outlined.

The methodology, employed to trace the past events in the areas, was a search of the available literature. Such literature included annual reports, past research, commercial books, government debates, official reports and documents.

## II. THE FIRST HALF DECADE

The first public announcement that fitness and amateur sport in Canada might be supported by the government was made in the throne speech of the 24th Parliament, 1960. Ten months later, a new law designed to encourage,



promote and develop fitness and amateur sport in Canada was passed. By March 31, 1967, the termination point of the study, five years of operation under the new Fitness and Amateur Sport Program were completed. The remainder of this section portrays the developments, (a) within the planning stages, (b) within the Program, and (c) within the administration up to and including March 31, 1967.

The major tools for researching the above topic were the primary and secondary sources of the available literature. These sources are similar in classification, and on occasion the same, as those utilized for the preceding topic.

Information judged pertinent to "The First Half Decade" was precipitated during the interviews of recipients involved in the following section. The interview, semi-structured in nature, was employed during this phase of the study.

### III. THE FIVE POINT PROGRAM

When reading the annual reports of the Directorate (15, 23, 25, 26, 27, 28), one remains a bit undecided as to the exact number of phases to the Fitness and Amateur Sport Program. For the purposes of the study, the total Program was divided into five sections. They were:

- (a) Grants to National Organizations
- (b) The Federal-Provincial Program
- (c) Scholarships, Bursaries and Fellowships
- (d) Research
- (e) Co-ordinating Agencies

As the study centered around the Program in the Province of Alberta, sections (b), (c), and (d) were subjected to a more extensive research than





the other sections. All five were studied for the purpose of providing information to persons most likely to be influenced by the program.

The additional attention given to sections (b), (c), and (d), was to provide information for the federal and provincial authorities. Recipients of financial assistance under these sections were questioned and interviewed for their viewpoints concerning the efficiency of the program.

#### Grants to National Organizations

In addition to the review of the available literature on the above topic, a form letter (Appendix H) was forwarded to forty-three national organizations. Each organization was referred to the writer by the Directorate. A request was made to each organization to return information regarding any financial assistance they received from the Program. Information was sought also in reference to the liaison between the national organizations and their provincial bodies within the five years of the Program and the five years prior to the Program.

Five grants under this section of the Fitness and Amateur Sport Program were given to groups promoting Banff as the site for the Winter Olympics in 1968 and 1972. On June 27, 1967, an interview was conducted with Mr. E. H. Davis, past president of the Calgary Olympic Development Association and Olympic '72. At that time, the organizations' association with the Fitness and Amateur Sport Program was discussed.

#### The Federal-Provincial Program

The provincial programmes show a great deal of similarity and can be divided into the following categories (49:3):



Scholarships and Bursaries

Provincial Administration

Recreation: Leadership training  
Grants to communities, organizations, etc.  
Inservice training  
Seminars and Conferences

Sport: Leadership training and Athletes' Clinics  
Administration  
Competition  
Seminars and Conferences

Publications

Equipment

In Alberta, the Recreation Branch of the Department of Youth was the body responsible for the administration of the Federal-Provincial Program. The provincial authorities granted their permission and guaranteed their cooperation in the execution of the study. The writer was directed to the office of Mr. E. Smith, the administrator of the program in Alberta. Instructions were received to present all requests through his office.

The initial step was to acquire a working knowledge of the program in Alberta. All public records and written reports were reviewed. The information, which was accumulated, was supplemented by interviews with the four persons most closely associated to the Federal-Provincial Program. They were Mr. E. Smith, Mr. L. Wood, a past administrator of the Federal-Provincial Program, Miss E. McFarland, the Director of the Branch, and Mr. C. Usher, the Deputy Minister of Youth for Alberta.

The interviews were non-structured, except for the inclusion of a few questions which the writer wished to have answered.



The Federal-Provincial Program was one of the more important sections of the Act. "By channelling a considerable part of our expenditures through the provinces, we hope to stimulate activity at the community level where it will count most," (36:1). The method, which was used in Alberta, was the sanctioning of projects by provincial sports and recreation groups.

A list of the active projects from the program's induction to the end of the period of study was developed from the public records. The names and addresses of representatives of the groups which administered the projects were received from Mr. E. Smith's office. Each representative was forwarded an open-ended questionnaire (Appendix I). The representatives living in Edmonton were telephoned and requested that the writer be permitted to meet with them to discuss the questionnaire. A letter was forwarded to representatives living in Calgary requesting a similar agreement. Of the twenty-one groups that had received assistance for projects under the program, fifteen were interviewed personally, two replied by mail and four failed to be interviewed or reply by mail.

The results of the interviews were a series of generalizations adopted from the questionnaire replies and the information collected from the public records.

Although scholarships and bursaries were a major part of the Federal-Provincial Program, the research and written report on each was included under the Scholarship, Bursaries and Fellowships section of the total Fitness and Amateur Sport Program.

#### Scholarships, Bursaries and Fellowships

There were two methods of dispersing funds for the academic improvement





of educators in the areas of fitness and amateur sport. One method was through the Federal-Provincial Program to students entering or enrolled in an undergraduate program. The second procedure was the provision of a scholarship and fellowship program to persons entering, or enrolled in a post-graduate program or proceeding to post-doctoral study. Because of the similarities in the aims and administration of both scholarship programs, they were included in the same section of the study and researched using the same methods.

The initial investigation into the areas of scholarships, bursaries and fellowships was accomplished by studying available literature produced by the Directorate and the provincial authorities. In addition to accumulating information which was written in the study, the procedure was most helpful in the development of the questionnaires. The questionnaires were used to collect information of interest to the administrators of the program.

In constructing the questionnaires, Borg (1), Dooling (43), Good (3), Van Dalen (11), and Selltiz et al. (10) were used as references. It was decided to produce closed answer questionnaires which would permit easy tabulation and analysis by providing standardized replies.

The first drafts of the questionnaires were drawn and converted to file cards. The cards were submitted to colleagues, staff members, committee members, the Administrator of Student Awards at the University of Alberta, and provincial authorities. After a number of revisions in the vocabulary and a deletion and addition of questions, the drafts were subjected to the pilot studies.





Two pilot studies were conducted. The first study was completed by thirteen undergraduate students who had received financial assistance from the program within the last two years of the study. The second pilot study was conducted with the cooperation of seven graduate students who had received a post-graduate scholarship under the Fitness and Amateur Sport Program. In the former pilot study, the choice of the thirteen students was completed with the variables of sex, marital status, academic programs and academic levels taken into consideration. In the latter study, the seven students were recipients from outside of Alberta.

The pilot studies were conducted in a manner similar to that planned for the main studies. The only exception was that the respondents were requested to indicate areas of confusion and recommendations for the improvement of the questionnaires. After tabulating the results and recommendations, and after consultation with the committee members, the final questionnaires (Appendices J, L) were edited.

The population for the undergraduate questionnaire was limited to those persons who received awards in 1965-66 and 1966-67. Unfortunately the names of previous recipients were misplaced during the relocation of the Department of Youth. One hundred and eight persons were eligible to answer the undergraduate questionnaire.

Most of the eligible questionnaire population were registered either at the University of Calgary or the University of Alberta. The universities were contacted and permission was received to conduct the study. To assure both a high percentage of returns and the standardization of questionnaire administration, the writer personally conducted the examining periods. Those



persons who were unable to be contacted personally were forwarded a copy of the questionnaire by mail. In all, eighty-eight recipients completed this questionnaire. The number represented 81.48 per cent of the population.

Through the cooperation of the Fitness and Amateur Sport Directorate, the names of sixty-two Alberta recipients of post-graduate scholarships were received. The sixty-two students became the population for the post-graduate questionnaire.

The questionnaire, accompanied by a directions sheet and a self addressed envelope, was mailed to all sixty-two persons except those recipients living in Edmonton, Alberta. The Edmonton scholarship recipients were contacted during the reception and the recovery of the questionnaire. After one month, a second envelope containing the same enclosures as the first was forwarded to those persons who had not replied. The total number of questionnaires collected through the above method was fifty-eight, 93.54 per cent return.

### Research

Two types of research grants were awarded under the Fitness and Amateur Sport Program. The first type was grants to individuals. The second was a \$50,000.00 subsidy to each of three Fitness Research Units.

In Alberta, all research which received financial assistance under the program was conducted at the University of Alberta in Edmonton. At the University of Alberta in Edmonton, many staff members were involved in individual research, while others worked through the Fitness Research Unit on campus.



Information concerning both types of research at the University of Alberta was collected through a combination of reviewing records and annual reports, and interviewing the three persons most directly associated with research at the University of Alberta. Semi-structured interviews were conducted with the Director of the Fitness Unit, the Director of the Physical Education Graduate Program and past Director of the Fitness Unit, and the Dean of the Faculty of Physical Education.

#### Co-ordinating Agencies

An important phase of the Fitness and Amateur Sport Program was the services extended through various branches of the Department of National Health and Welfare and other departments in the federal government. Included in these services were the collecting and dispersing of films, books, periodicals, pamphlets, bibliographies and financial aid in the areas of fitness and amateur sport.

Annual reports, press releases, documents and correspondence were the informational sources utilized in researching the above phase of the program.

#### IV. SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

The concluding chapter of the thesis consisted of a summary of the study, conclusions from the study, and recommendations based on the information collected through the study.





## CHAPTER III

### HISTORICAL BACKGROUND

The present fitness, recreation, and sport programs of the provincial and federal governments of Canada have developed from past experiences. In this chapter, attempts were made to trace briefly the past efforts of the Government of Alberta and the Government of Canada in the areas of fitness and amateur sport.

#### I. GOVERNMENT OF ALBERTA

##### 1937-1944

The great depression of the 1930's brought extreme hardships to the people of Alberta and the remainder of Canada. Although this period produced primarily unfavourable situations, it was responsible for the initial sanction of recreation by the Government of Alberta.

In 1937, the Governments of Alberta and Canada entered into agreement under the Dominion-Provincial Youth Training Program. The Province of Alberta agreed to operate a program which would rehabilitate the unemployed youth. Both governments shared the necessary financial aid on a 50-50 ratio. The two administrative bodies were the Vocational Education Branch of the Department of Education, Government of Alberta and the Department of Labor, Government of Canada.

There were five distinct projects under the plan. Of particular interest to this study, were the six hours of health and physical training. The course consisted of physical training, first aid, games and lectures





on public speaking in the preliminary program. The curriculum in the advanced program included health, games and physical training.

In the summer of 1938, the Department of Education transferred its responsibilities from the Vocational Education Branch to the Health and Recreation Branch. The emphasis shifted to the development of recreational leaders for the various communities throughout the province.

The Branch authorities, who had held the British Columbia Recreation program in high esteem, received on loan for one week the Director of Recreation from that province. The interest he created was the influencing factor in the development of a leadership training course at the University of Alberta in Edmonton in the fall of that year.

According to Wood (61), a preliminary program of five weeks duration was organized. It was held at the Edmonton Normal School during the summer. Fifty-six selected candidates were subjected to a program conducted by four instructors on loan from the Government of British Columbia.

With the onset of World War II in 1939, the need for the rehabilitation section of the Dominion-Provincial Program dissolved. The provincial government decided to continue its program to meet the recreational needs of the people. The new effort included a leadership training course held each summer at Mount Royal College in Calgary, financial assistance to recognized program for the purpose of obtaining qualified recreation leaders, and consultative services in the operation of programs.

The leadership training program at Mount Royal College consisted of two sections, a five week preliminary and a three week advanced course. The program was held annually until 1943.



Recreation in Alberta had taken giant steps forward during the years of the Second World War. The fact that the recreation program of the provincial government continued to exist indicated the belief of this body in the importance of the field. The international armed forces stationed in Alberta left their imprints on the pages of recreational development in the province (45:130-132). Alderman Harry D. Ainlay felt the need for better recreational opportunities and based his campaign in the Edmonton civic elections on this belief. Alderman Ainlay's action led to the passing of By-Law Number 1069 on November 27, 1944. The result was the first municipal sponsored recreation commission in the Province of Alberta.

On July 24, 1943, the National Physical Fitness Act was passed by the Government of Canada. This legislation did not come into effect in Alberta until April, 1944 when the Dominion-Provincial Youth Training Program agreement had expired.

#### 1944-1955

Alberta was one of the first provinces to enter into agreement under the new National Physical Fitness Act. The administration at the provincial level became the responsibility of the Department of Education's Health and Recreation Branch. The aims of the Branch were, ". . . to assist communities and provincial organizations throughout the province in the organization and development of recreation programs," (45:139). As the federal policy regarding the administration of the act at the provincial level was one of laissez-faire, the program in Alberta was developed along the aim of the Health and Recreation Branch.



The terms of the act included the following (61:5-6):

(a) Matching per capita grants were to supplement provincial expenditure in fitness and recreation.

(b) Control was to be in the hands of the province and community.

(c) Costs were to be shared at three levels (Federal, Provincial, Municipal). "The two senior governments shared the cost of administration, the leadership training schools, coaching schools, remuneration of leaders (\$3.00 per 1 1/2 hour session), manuals, supervision, winter conferences for leaders and assistance to communities in obtaining equipment. The local community provided the facilities in which any program took place, partial costs of equipment received through the Health and Recreation Branch and it could supplement the pay of the leaders if it so desired." (61:6).

A condition placed on the program by the Branch was that it would be concerned only with the "out of school" citizen. It was felt that the school population was adequately provided for in the education system.

The program remained relatively duplicative from year to year throughout the period. The emphasis was primarily in the area of leadership training. In 1946, the annual summer school for recreation leaders at Mount Royal College was re-established at Red Deer Composite High School to facilitate the expanding program. At the same time, the course was divided into two four week sessions replacing the five and three system of previous years. The curriculum remained the same consisting of physical activities, games, community singing, folk and square dancing, dramatics and handicrafts.

Each year the number of candidates increased until a record high of 208 was established in 1951. The enrollees represented the various communities across the province which operated recreation programs recognized by the Government of Alberta. At the completion of the two year course and one year of field work, the candidate received a permanent certificate.





From 1948 until 1955 only minor changes were made in the Health and Recreation Branch and its program. These changes have been arranged in chronological order below:

1948. The first one day seminar for recreation leaders was held in Calgary. It became a regular event at both Calgary and Edmonton.

1949. The first basketball coaches' school was held for three days at Red Deer.

1950. A one week Playground Leaders' course was revived after being started in 1947. It was to provide training for persons in their late teens. These leaders were to assist recreation directors in the operation of summer programs. The program began at Red Deer but in recent years has re-located at Pine Lake.

1951. (a) Miss E. McFarland was appointed to the staff of the Health and Recreation Branch. Her duties consisted of girls' and women's activities.

(b) A skill instructors' course was organized in Edmonton.

1952. The Branch office was moved from Calgary to the Administration Building in Edmonton.

1953. Mr. J. H. Ross, Director, and Mr. W. A. Hutton, Supervisor, resigned. Their responsibilities were granted to Miss McFarland. As a result of the shortage of staff, the program of this year was limited.

1954. (a) Miss McFarland was officially named the Director of the Branch.

(b) The National Physical Fitness Act was repealed.

1955. The agreement under the act came to a close March 31, 1955. On April 1, 1955, the Branch was transferred to the Department of Economic Affairs. At this time, the name was changed to the Community Recreation Bureau.

#### 1955-1959

The change of departments brought both a negative and a positive factor into view. The Community Recreation Bureau at this time was only





a section of the Cultural Activities Branch. The Bureau was a separate branch under the previous department. Under the new organizational system, the total area of recreation was united. Mr. W. H. Kaasa became the Director of the Branch with Miss E. McFarland as the Supervisor of the Community Recreation Bureau.

To assist in the direction of each section of the Branch, the Government of Alberta revised the Cultural Development Act to provide for the organization of several boards of voluntary citizens. Each board consisted of five to seven members appointed by the Lieutenant-Governor upon the recommendation of the Minister of Economic Affairs. The appointments were for a term of two years.

Under the new organization, the Bureau continued to operate primarily by the same policies as its counterpart, the Health and Recreation Branch, had operated in the years of the National Physical Fitness Act. The program consisted of leadership training, financial assistance, consultative services, clinics and informational publications.

In 1956, the Bureau increased its emphasis regarding consultative services by appointing Mr. J. W. Riddel to its staff. The same year saw the development of a camp counsellors' course at Camp Keewaydihin, the beginning of a scholarship program for graduates and undergraduates of recreation, the establishment of soccer, hockey, and track and field clinics, and the organization of a new system of assisting community recreation programs. Any recognized community recreation board could receive up to \$1,500.00 under the new system.

During 1957, the Bureau initiated an inservice training course for full time recreation leaders. The course continued over three years. It



consisted of six months of reading each year followed by a two week residential seminar. Nineteen leaders enrolled in the program the first year. Six persons graduated in 1960.

In 1958, a program was announced to assist communities in acquiring recreation facilities. The plan, which arranged for a ten dollar per capita grant over five years to participating communities, did not become operational until the following year. A fund of \$3,801,260.00 was allotted for all communities with one hundred or more citizens, excluding Edmonton and Calgary.

The summer of 1959 marked the end of the Department of Economic Affairs. The responsibilities were assigned to the Department of the Provincial Secretary and the Department of Mines and Minerals. The Community Recreation Bureau and the remainder of the Cultural Activities Branch became part of the former body.

#### 1959-1966

The change of departments meant a change of name for the government body in control of provincial recreation. The title was the "Recreation and Cultural Development Branch" of the Department of the Provincial Secretary. The Branch remained within the Department until 1966 when the Government of Alberta developed the new Department of Youth. At that time, the Recreation Division of the Branch became the responsibility of the Department of Youth while the other division remained within the Department of the Provincial Secretary.

The functions and organization of the Recreation and Cultural Development Branch remained similar to the Cultural Activities Branch of the



Department of Economic Affairs. The main exception was the birth of the Athletic and Outdoor Education Division of the Branch. The section was developed to facilitate the new Fitness and Amateur Sport Act of the Government of Canada (61:15).

### 1966

The physical change from the Department of the Provincial Secretary to the Department of Youth was not completed until March, 1967. At that time, the Department of Youth with its Recreation Branch moved into its new offices located in the C. N. Tower, in downtown Edmonton.

### In Summary

The Government of Alberta became interested in recreation in 1937 with the development of the Dominion-Provincial Youth Training Program. When the program expired in 1944, an agreement was made with the Government of Canada under the new National Physical Fitness Act. In April 1, 1955, the last agreement under the Physical Fitness Act expired. The controlling government department during this period of eighteen years was the Department of Education, and the administering division was the Health and Recreation Branch.

The Department of Economic Affairs took charge of recreation for the next four years. This Department delegated the authority for the operation of the recreation program to its Cultural Activities Branch. An additional subdivision resulted in the Community Recreation Bureau becoming the administering body in recreation.

With the discontinuation of the Department of Economic Affairs, recreation became the responsibility of the Department of the Provincial





Secretary and its Recreation and Cultural Development Branch. This organizational system withheld change for the next seven years.

In 1966, a new department was organized. The Department of Youth received the recreation section of the Recreation and Cultural Development Branch. The division became the Recreation Branch of the Department of Youth.

## II. GOVERNMENT OF CANADA

### Prior to 1943

Federal participation in the field of physical education and its allied areas developed from a program initiated by the Government of Nova Scotia. In 1908, the Nova Scotian government entered into an agreement with the Department of Militia. The former promised cadet corps, rifle shooting and the training of teachers for competency in these areas, while the latter agreed to provide competent instructors to teach the teachers, to pay a bonus to these teachers, to provide supplies and drill books, and to conduct examinations.

On April 17, 1909, Lord Strathcona signed an agreement with the Government of Canada. The agreement established the Strathcona Trust Fund. The Fund delegated the administration of the \$500,000.00 to the Department of Militia. Annual grants were to be given to participating provinces which would (12:5)

. . . incorporate physical training as an integral part of the curriculum in all schools above primary grades, to form cadet corps, and to provide teacher training in physical education. The instructors were to be supplied and paid by the army, provided the provincial Department of Education would allocate time at the Normal College for "physical training instruction," and encourage





the teachers, once they left the Normal College, to include "physical drill" as part of the school program.

Most provinces entered the agreement for there were few professionally trained physical educators at the time. As the universities began to produce more qualified physical education teachers, the need for the program decreased.

The Dominion-Provincial Youth Training Program of the late 1930s and early 1940s was the next major assistance undertaken by the Government of Canada in the areas allied to physical education. The purpose of the agreement was to assist in the suppression of unemployment during the "Depression" years. It was a 50-50 sharing plan with the provinces for the rehabilitation of youth. Inevitably physical training occupied an important role in most provincial programs and as a result received financial assistance for its operation.

#### 1943-1954

During the last half of the decade between 1930 and 1940, there was a vast fitness movement evident on the European continent. Czechoslovakia and the Scandinavian countries led the way with the theme soon adopted by the League of Nations. In 1937, the Health Branch of the League sent representatives to various nations asking them to organize national bodies to deal with physical fitness. There was no action taken by Canada at this time (4:5188).

In 1939, World War II began. The people of Canada were on the defensive and many citizens immediately approached the recruiting centers. To the dismay of the nation, a large number failed to qualify for service



as a result of their low fitness level. This state of emergency provoked the Minister of Pensions and National Health to move the following in the Canadian House of Commons (4:5038):

That it is expedient to introduce a bill to provide for the promotion of the physical fitness of the people of Canada, the constitution of a national council on physical fitness to carry out such purpose, the establishment of a special account in the consolidated revenue fund out of moneys appropriated by parliament and the disbursement from such account of moneys required for the purposes of the act, including grants to the provinces under agreement that may be entered into.

With the support of the medical profession and an indication of approval from six or seven provinces, the Government of Canada gave assent to the "National Physical Fitness Act" (50:Appendix D) on July 24, 1943.

The National Physical Fitness Act established a fund of \$225,000.00 a year which would be granted to the provinces on a matching per capita basis (12:9). Thus the division of the funds at that time was approximately as follows (4):

Nova Scotia -----	\$11,000.00
New Brunswick -----	9,000.00
P.E.I. -----	2,000.00
Quebec -----	65,000.00
Ontario -----	74,000.00
Manitoba -----	14,000.00
Saskatchewan -----	18,000.00
Alberta -----	16,000.00
British Columbia -----	16,000.00

The objectives of the legislation were (12:9)



. . . to promote the physical fitness of the people of Canada through the extension of the physical education in schools, universities, and other establishments; to train teachers and lecturers in the principles of physical education; to organize activities designed to promote a greater measure of physical fitness; to provide facilities; and to cooperate in an attempt to better those physical defects amenable to improvement through physical exercise. Its broader purposes were the development of a desire for the well-being associated with physical fitness in persons of all ages, the strengthening of morale through a nationwide program, and the enlistment of support by interested volunteers and organized physical fitness agencies.

The National Physical Fitness Act, the first national legislation (12:238), became the responsibility of the Department of Pensions and Health. Shortly after the assent of the legislation, the name of the Department changed to National Health and Welfare. The Fitness and Recreation Division and the Fitness Council, which were established under the old administration, were transferred to the Welfare Branch of the Department of National Health and Welfare.

The Fitness Council, an advisory group to the Minister, was to consist of not less than three or more than ten members. It was hoped that at least one member from each province plus a paid director could be obtained for this "National Council of Physical Fitness". Each member was appointed by the Governor in Council for a term of three years (50: Appendix D).

All provinces did not feel that the legislation was of value to them. As a result, only the four most western provinces, Nova Scotia and Prince Edward Island signed agreements in 1944. New Brunswick and the Northwest Territories joined the other six provinces in the year 1947. Ontario entered in agreement under the National Physical Fitness Act in





April, 1949. Quebec never did feel the rewards were worth the loss of autonomy and Newfoundland had just become a province in 1949. By the time the latter was ready to sign, "Bill 475" (An Act to repeal the National Physical Fitness Act) had come into effect.

"It was repealed simply because it was ineffective, which was the result of ill-conceived legislature, ill defined objectives, and lack of leadership and direction," argued Orban (12:239). Hon. J. W. Monteith, Minister of National Health and Welfare in the Diefenbaker Government, claimed that the failure of the National Physical Fitness Act was a result of the provinces' failure to establish physical fitness acts. The provincial governments, in his opinion, failed to support the federal legislation. The Hon. Mr. Monteith recognized the Government of Canada's shortcomings but was quick to bring attention to 1946 when the legislation had won a citation from the American Academy of Physical Education for ". . . pioneering legislation in the interests of human development," (6:8723).

Although the National Physical Fitness Act was considered a failure in promoting physical fitness throughout Canada, it did serve to establish physical fitness agencies in most provinces. The agencies promoted professional training through their scholarship plan, and provided a guide for additional legislation.

#### 1954-1961

There were sections of society that favored the National Physical Fitness Act. The Canadian Association for Health, Physical Education and Recreation, although wishing improvements in the Act, did feel its



objectives were well founded. The association presented a brief to the Minister of National Health and Welfare. The brief requested the continuation of the legislation. All of their effort was in vain, for Bill 475 had become law by that time.

Just prior to the repeal of the National Physical Fitness Act, Kraus, of Kraus-Weber test fame, had announced in the United States that American children were far below their European counter-parts in their physical fitness level. The accusation stimulated President Dwight Eisenhower to organize a President's Conference on Youth Fitness. This action initiated further conferences at the State level (33:2). Suddenly the United States of America was swept by a national awareness which continued into the Kennedy administration. The new President was even more emphatic than his predecessor.

When one applies a concept to the United States of America, it can often be applied to Canada. Thus Canada's level of physical fitness could be considered low (12). Action to counteract the low level of fitness in Canada took a little longer to develop than in the United States.

The first serious attack on the low level of fitness was made in 1958 by the Royal Canadian Air Force with the cooperation of the Department of National Health and Welfare. Under the inspiration of Dr. D. Plewes and Dr. W. Orban, a program of five basic exercises was developed for R.C.A.F. personnel. The 5BX program was so readily accepted that the book was printed before a research study could be completed. The program was the first of a recent three stage display of interest in physical fitness by the people of Canada.



Although there were progressive steps taken by interested people and organizations, the second major attack on the lack of physical fitness came on June 30, 1959. The Duke of Edinburgh, the President of the Canadian and British Medical Associations, made some strong accusations of Canada's level of physical fitness in an address to the Canadian Medical Association. He asked these questions (34:6):

. . . . Is the medical profession content only to fight disease and disability and accept the negative definition of health as someone who is not actually ill? Or is it also going to take notice of the state of sub-health which exists?

He continues at a later period in his address (34:8-9) to say the following:

. . . . I want you to live up to paragraph (b) of your objects and to the 1958 resolution. I want you to make your own enquiries into the state of health of the nation and I want you to give every encouragement and support to those organizations which are working for better health and fitness. Further, I expect you to give a lead in this matter by making a whole-hearted effort to reverse the trend of the statistics which at present only show more beds, more mental cases and more unfitness in children and adults. I believe you can do this by tackling with all seriousness the problem of sub-health and fitness as one of the most urgent problems confronting the medical profession in the modern world.

The Duke of Edinburgh's address had far reaching effects. Not only did the Canadian public become enthusiastic, but the Canadian Medical Association initiated a joint conference with the Canadian Association for Health, Physical Education and Recreation. The conference was designed to discuss action that could be incorporated to decrease the low level of physical fitness. This must rank as a milestone in Canadian physical fitness. For the first time, the two leading groups on the subject of physical fitness had combined forces.

The third attempt to raise the standards of physical fitness of the Canadian people was an outgrowth of the developments described previously.





On August 26, 1961, Prime Minister John G. Diefenbaker announced, at the opening of the Hockey Hall of Fame in Toronto, that his administration contemplated the establishment of a five million dollar fund for the promotion of fitness and amateur sport. On September 18, 1961, the Minister of National Health and Welfare, the Hon. J. W. Monteith, moved that the House should sit during the next session and discuss a ". . . measure respecting the encouragement of physical fitness through amateur sport in Canada," (6:8461). Within ten days of the motion, the House of Commons had assented unanimously to Bill C-131 (An Act to Encourage Fitness and Amateur Sport).

#### In Summary

The Government of Canada became involved in assisting physical fitness in 1909. At that time, the Strathcona Trust Fund was established. The legislation was to promote military exercises in the public schools across Canada.

During the years of the Great Depression, the federal government established the Dominion-Provincial Youth Training Program. Its initial purpose was to rehabilitate the unemployed youth of our nation. Within a year, recreational leadership became part of the program. During the Second World War, the need for a rehabilitative program was non existant. The recreational leadership section of the program continued but the remainder was abolished.

A large proportion of persons wishing to enlist in the militia was found to be physically unfit. To assist in increasing the fitness level of the nation, the House of Commons gave assent to Bill #138 (An Act to





establish a National Council for the Purpose of Promoting Physical Fitness). The legislation was to promote physical fitness across the country and indirectly improve our national military awareness. The National Physical Fitness Act, as it was known, remained a law until June 15, 1954. At that time, Bill 475 (An Act to repeal the National Physical Fitness Act) was officially passed.

The period between 1954 and 1961 primarily was one of attempts to develop a federal policy on the support to physical fitness. Such developments included the 5BX Plan, the Duke of Edinburgh's address to the Canadian Medical Association, and the joint conference of the Canadian Medical Association and the Canadian Association of Health, Physical Education, and Recreation.

By September 29, 1961, the developments of the previous years had produced the required results. At that time the House of Commons, Government of Canada, assented to the passing of Bill C-131 (An Act to Encourage Fitness and Amateur Sport).



## CHAPTER IV

### THE FIRST HALF DECADE

#### I. INTRODUCTION

The previous chapter contained a description of the Government of Canada's role in the promotion of physical fitness among its people. The contents described the major developments which occurred prior to the introduction of the Fitness and Amateur Sport Act to the Canadian public.

The introduction of a possible program for assisting fitness and amateur sport in Canada was made public on November 18, 1960. The Speaker of the 4th Session of the 24th Canadian Parliament, the Hon. Roland Michener, announced in the Throne Speech, "You will also be asked to consider means of encouraging the youth of Canada in amateur athletics," (5:3). By March 31, 1967, an Act had been passed and the resulting Program nurtured through five complete years of operation. The contents of Chapter IV trace the major developments in the Government of Canada's efforts to, ". . . encourage, promote and develop fitness and amateur sport among the people of Canada," (28:126). The time period studied within Chapter IV began with the Throne Speech and concluded at the end of the fifth year of operation, March 31, 1967.

#### II. FIRST READING

Ten months and five days had passed between the Throne Speech and the time that the Canadian Parliament was prepared to discuss the legislation on fitness and amateur sport. On September 22, 1961, the Hon. J. W. Monteith, Minister of National Health and Welfare requested that the House consider the following resolution (6:8716):



That it is expedient to introduce a measure respecting the encouragement of fitness and amateur sport in Canada; to provide for the making of grants to agencies, organizations or institutions; to provide for entering into an agreement with any province for the payment by Canada to the province of certain contributions in respect of the costs of programs relating to fitness and amateur sport; to provide for the payment of the chairman's remuneration and of the travelling and other expenses of the members of the council; and to provide further that the Minister of Finance shall pay out of the consolidated revenue fund each fiscal year such amounts not exceeding in the aggregate five million dollars as may be required for the purposes set forth in the measure.

The House agreed to the Minister's request and Bill C-131 was subjected to its first reading.

The discussion of the possible legislation was initiated by Mr. Monteith. He explained the background leading to, the reason for, and the intentions of the Bill. One of his statements gave an indication of the direction of emphasis the Bill would follow. The Minister suggested the following (6:8717):

Our aim should be primarily to provide the proper environment and training for the youth of Canada so they may in fact be good competitors. If this is done, then we can have every expectation that in due course Canada will have all the champions we could reasonably hope for.

After the Minister of National Health and Welfare completed his introductory remarks, various Members of Parliament contributed their comments and recommendations. The most regular comments were (6:8178-8739):

- (a) The program would help gain international prestige for Canada.
- (b) Emphasis should be placed on the building of facilities and the improving of leadership.
- (c) The administration of such a piece of legislation must prevent the playing of politics in the dispersing of the monies.





- (d) The financial aid should not tend to eliminate the voluntary workers, who are so important to amateur sport.

### III. SECOND READING

The second reading of Bill C-131 was moved by the Hon. J. W. Monteith on September 25, 1961. Following the motion, the Minister initiated the discussion period when he commented that the Program objectives (6:8832-8833)

. . . can only be reached through the network of recreational programs operated by public agencies as well as by the many non-governmental organizations devoted to fitness and amateur sport.

. . . . .

. . . if the program is to succeed it must enjoy the wholehearted support of the provinces and, through them, of municipal authorities as well as of local groups within the communities themselves.

The next area of emphasis in the Minister's speech was the explanation of the major difference between the National Physical Fitness Act and Bill C-131. According to the Hon. Mr. Monteith, the latter legislation enjoyed the following advantages (6:8833-8834):

- (a) The amount of financial support was approximately twenty-two times greater than the 1943 Act.
- (b) Public opinion was by far more favourable in the promotion of physical fitness.
- (c) Canadians were very conscientious of the international prestige available through competitive sports.
- (d) The amount of the assistance was statutory which allowed for long range planning.
- (e) The Council was advisory rather than having executive authority.



The Minister concluded his opening address with a description of the specific objectives of the Act and an explanation of the proposed National Advisory Council. His remarks duplicated the respective areas of the Act, Sections 3 and 7 (Appendix A).

In the discussion period which followed the Minister's address, several Members of Parliament rose to contribute their thoughts on the Bill. There was no great consensus of opinion concerning the methods of spending or how not to spent the money. It was evident, however, that members were in agreement on a need for such legislation. Each Member's realization of the purpose of the Act was perhaps summarized by the representative of Lambton-Kent, Mr. E. J. Campbell, when he said, "I feel certain that this measure can be the means of adding years to the lives of our people and of adding more life to their years," (6:8852). The discussion period closed with the Minister's concluding remarks.

The third and final reading of the Bill occurred shortly after 7:30 P.M. on September 25, 1961. At that time, the House of Commons passed Bill C-131 (6:8873-8875).

#### IV. THE HOUSE OF SENATE

Bill C-131 was introduced to the House of Senate on the evening of September 25, 1961. The Hon. Speaker, ". . . informed the Senate that a message had been received from the House of Commons with Bill C-131, to encourage fitness and amateur sport," (2:1174). The Bill received its first reading in the Senate. Following the reading, Bill C-131 was



placed on the Orders of the Day to be read again at the next sitting of the Senate.

The motion to read the Bill a second time was requested by the Hon. J. A. Sullivan on September 26, 1961. The motion was followed by a discussion period at which time several of the Senators expressed their approval of the Bill. Following the discussion period, Bill C-131 received its second reading.

The Standing Committee on Public Health and Welfare was called upon by the House to review the proposed legislation. On September 27, 1961, the Committee reported that they had approved the Bill without amendment. Bill C-131 was subjected then to its third and final reading. The House of Senate passed the Bill. Two days later at the close of the 4th Session of the 24th Parliament, Bill C-131 received its royal assent.

#### V. THE 1961-1962 FISCAL YEAR

Two and one-half months interceded the assention of the Act and the activation of the Program which was established under Bill C-131. By this time, the 1961-1962 fiscal year was more than two-thirds completed. In the remaining three and one-half months the "major emphasis was placed on laying the ground work for the future," (25:132).

The developments for the 1961-1962 fiscal year were as follows (25):

- (a) A thirty member National Advisory Council was appointed.
- (b) Civil service competitions were held for the appointment of a program director and other staff members.
- (c) A recommendation was made to the Minister for a scholarship-bursary-fellowship scheme.





- (d) A study of ways to develop fundamental research and surveys was completed.
- (e) A combined general and technical information program was developed.
- (f) Grants were given to the Canadian Olympic Association for the hiring of a consulting engineering firm to study and recommend a site for the 1968 Winter Olympics.
- (g) Grants were given to the Calgary Olympic Development Association for its bid for the Olympic games at Banff.
- (h) Grants of \$223,085.00 were made to 15 organizations on an ad hoc basis.

## VI. THE 1962-1963 FISCAL YEAR

The fiscal year 1962-1963 was the first complete year of operation for the Fitness and Amateur Sport Program. Before the completion of the year, the Fitness and Amateur Sport Program consisted of the five sections which continued to exist for the remainder of the study. The sections were

- (a) Grants to National Organizations
- (b) The Federal-Provincial Program
- (c) Scholarship, Bursaries, and Fellowships
- (d) Research
- (e) Co-ordinating Agencies

All sections with the exception of number two were initiated to some degree during the previous fiscal year. Although additional efforts were begun in the four existing programs, the major development of the 1961-1962 year was the incorporation of a Federal-Provincial Program into the Fitness and Amateur Sport Program.





A series of meetings at the Deputy Minister and the Provincial Program Director's levels were held during 1962. The topic of discussion was ways and means by which the two levels of government could best cooperate in the administration of a federal-provincial program for the promotion of fitness and amateur sport. By September 1962, ". . . an agreement was signed by nine provinces, the Yukon, and the Northwest Territories for the 1962-1963 fiscal year," (28:127).

Under the September agreements, the federal government allocated a \$250,000.00 grant to the provinces on a non-matching basis. The grant was in addition to a planning and organizational grant of the same amount which was made available in May. Both grants offered a base of \$15,000.00 to each province with the remaining money allocated on a per capita basis. Quebec was the sole abstainer from the reception of funds.

During the 1962-1963 fiscal year, thirty-four national organizations, agencies and groups operating special projects received funds under Section 3, subsections (a) (b) and (e) of Bill C-131 (Appendix A). The grand total of the grants amounted to \$524,502.00, an increase of \$355,667.00 above the previous year (28:128-129).

The Scholarship and Fellowship Committee of the National Advisory Council approved the granting of \$70,148.00 for scholarships and fellowships in 1962-1963. The awards at the post-graduate level included thirty scholarships, four senior research fellowships, and two special fellowships. Twenty-one of the scholarships were at the master's level; the remaining nine awards were to be used for doctoral study (28:130-131).



In 1962-1963, a total of \$34,348.03 was awarded for three research projects. The awards were recommended by the Research Review Committee of the Council.

Section 3, subsection (g) permits the expenditure of money to, ". . . prepare and distribute information relating to fitness and amateur sport," (18). During the year, production began on a kit for figure skating. The kit, the first of a series of "How To" kits, included a manual, film, filmstrips, and film loops.

In addition to the kit, monies were spent in an effort to improve the library of the Department of National Health and Welfare. The purchases included, ". . . visual aids, books, journals, pamphlets and reports," (28:131).

## VII. THE 1963-1964 FISCAL YEAR

Two million dollars were allotted to the Directorate for operating the program during the 1963-1964 fiscal year. Although the sum was far less than the statutory amount under Bill C-131, there was very little need for any additional funds.

In 1963-1964, the federal government no longer contributed 100 per cent for approved projects. A principle of self-help was applied for the first time during that year. The onus was placed on the provincial governments and the national organizations to develop extensions to existing programs and assist in meeting the costs of such extensions. The two groups, in many cases, were unable to meet the financial obligations of such a proposal. The result was that very few new projects were developed.



Over 50 per cent of the available funds for the 1963-1964 fiscal year was awarded to 43 national organizations. The \$1,003,196.00 assisted in the following projects:

- (a) Fifty-eight national competitions or trials were conducted.
- (b) Athletes attended thirteen international competitions, the Pan-Am Games, and the Olympic Games.
- (c) Special projects were conducted in the promotion and development of fitness and amateur sport.
- (d) The training of coaches and leaders was advanced through forty-one central and six cross-Canada clinics.
- (e) The training of athletes was conducted at five Olympic training camps and eighteen central clinics.

A large proportion of the above funds was spent for non-occurring projects. These projects, included the unsuccessful bid for the 1968 Winter Olympics at Banff, the successful bid for the 1967 Pan American Games at Winnipeg, the proposed staging of the First Canadian Winter Games in 1967, and the developing of plans to implement special fitness and amateur sport activities during Centennial year (7).

Provincial governments, which signed the 1963-1964 Federal-Provincial Agreement, were allocated a basic grant of \$35,000.00. The remainder of the one million dollar allotment was contracted on a per capita basis. The total amount utilized by this area was \$403,692.00. For the second consecutive year, Quebec elected to remain outside of this program.

The more common projects across the country consisted of (a) increased undergraduate scholarships and bursaries, (b) local and regional followup clinics of national efforts, (c) assistance to recreation commissions in paying staff salaries, and (d) an increase in the production and acquisition of instructional materials.







The Scholarship-Fellowship Committee of the National Advisory Council approved 80 post-graduate awards during the 1963-1964 year. The total amount of the awards was \$135,901.00. Forty-nine of the scholarships were for study at the master's level, while 19 doctoral candidates received assistance. Five more senior research fellowships were approved in 1963-1964 than the 4 of the previous year. Three Canadians received awards for special study of the systems of physical education in Europe (23).

The Fitness Research Program received much impetus during the 1963-1964 fiscal year. Important steps were taken, ". . . towards the establishment of three research units at the Universities of Alberta, Montreal and Toronto," (23:137). In addition, a seminar was held for the research experts in Canada with three of the leading fitness scientists of the United States in attendance.

Individual research was conducted by staff members of five universities across Canada. Funds from the Fitness and Amateur Sport Program amounted to \$43,118.00 in support of that research (8).

In 1963-1964, progressive steps were taken toward the establishment of a clearing house for bilingual literature on fitness and amateur sport. The Canadian Documentation Center, as it would be known, was to be housed on the University of Ottawa campus.

The production of the first of the "How To" kits, Figure Skating, was completed and released during the first half year. By the end of the year, the manual was sold out and a second printing was in process. The highlight of the production was the winning of the Blue Ribbon Award for



the Sports, Recreation and Physical Education category at the 1964 American Film Festival. By the end of the year, production had begun on "How To" kits for skiing, family camping, lacrosse, and community recreation.

In the area of printed material, the first production on the construction and use of recreational facilities was released. Much use was made of the manual "Points on Public Swimming Pools".

The Directorate utilized the C.B.C. radio network for the production of three playlets during the 1963-1964 year. One hundred and eight stations across Canada broadcasted the series titled "Your Health, Your Welfare".

The total informational services program spent all but \$1,212.00 of its \$100,000.00 budget (23).

#### VIII. THE 1964-1965 FISCAL YEAR

The Fitness and Amateur Sport Program received an added incentive in 1964-1965. To encourage, promote and develop fitness and amateur sport, the Minister of Finance was prepared to make an aggregate of payments to the amount of three million dollars. The budget represented an increase of one million dollars from the previous year.

Approximately one-third of the total budget was awarded to fifty national organizations and agencies. Half of the \$979,000.00 was spent for the training of coaches and leaders. The next largest share was received for national and international competitions.

The combined efforts of the recipient groups produced the following projects:



- (a) Athletes attended fifty competitions or trials.
- (b) Participants were sent to eighteen international competitions.
- (c) Special projects were conducted to promote and develop fitness and amateur sport.
- (d) Twenty-nine clinics for coaches, leaders and officials were conducted.
- (e) Fifteen clinics were held for the training of athletes.

In summary, the Grants to National Organizations program received cut-backs in all areas except participation at international competitions. There was an increase of five competitions in this category.

The major development in the area of assistance to national groups cost very little money. Because of the added problems produced by the Fitness and Amateur Sport Program (26:2),

. . . . Plans were made for administrative groups to be introduced and for the staff of the Directorate to be increased by the addition of consultants to enable it to provide more assistance to national organizations concerned with amateur sport and fitness and to provincial fitness directorates.

During 1964-1965, agreements were drawn up between the federal government and various groups for the promotion of international multiple games. Agreements were signed with the Pan American Games 1967 Society, La Corporation des Premiers deux d'hiver Canadiens, and Olympic '72. A close liaison was maintained with the National Centennial Commission to assist in the formalization of special activities to be held during the Centennial year (26).

Three year federal-provincial agreements were signed for the first time in 1964-1965. Under the agreements, the provinces were allocated \$35,000.00 with the remainder of the one million dollars a year distributed on a per capita basis. Only \$450,000.00 was spent under the program





in 1964-1965. The low amount was accredited to the failure of Quebec to sign an agreement and the small amount of participation by the Province of Ontario. Although it would appear that the provinces were not taking advantage of the monies available, the 1964-1965 expenditure was more than \$200,000.00 greater than the previous year (26).

Evidence of the expanding use of the Fitness and Amateur Sport Program by the Canadian people was seen in the increase of 21 postgraduate scholarship and fellowship awards in 1964-1965. One hundred and one persons received over \$160,000.00 for study beyond the undergraduate level. Thirty-six of the recipients successfully completed their degree requirements during the year (26).

In the area of fitness research, the major development was the establishment of fitness research units at three Canadian universities. The Universities of Alberta, Toronto, and Montreal would receive \$50,000.00 for five years to conduct units of research in the area of physical fitness. The fitness research units were to complement individual research in the establishment of a highly productive fitness research program. During 1964-1965, the two methods utilized \$256,837.00 in the conduction of fitness research (26).

The Informational Service Branch of the Department of National Health and Welfare continued with the same methodology for the promotion of the program as was utilized the previous year. Included in the methods were the Canadian Documentation Center, "How To" kits, films, radio playlets, and publications. Although the methodology remained the same, the emphasis was more extensive. The 1964-1965 program cost \$65,600.00 more than the previous year's program.





Three of the four kits of the "How To" series were nearly completed by March 31, 1965. One kit, Skiing, was completed and released in January of 1965. During the year, four additional kits were planned. Each received the approval of the National Advisory Council for production in 1965-1966.

Other Informational Services' projects for the year appear below (26).

- (a) Three radio playlets were produced for the series "Your Health, Your Welfare".
- (b) A booklet was published explaining the post-graduate awards program.
- (c) Plans were approved for the development of a booklet explaining the Fitness and Amateur Sport Program.
- (d) Animated television clips were produced for the C.B.C. network officials.

#### IX. THE 1965-1966 FISCAL YEAR

The major developments of the 1965-1966 fiscal year occurred in the Grants to National Organizations phase of the Program. Five prominent steps were initiated to improve the effectiveness of this phase in reaching the objectives of the Act. Perhaps the most important effort was the appointment of, "Four professional staff members . . . to serve as consultants to national organizations receiving assistance from the program," (27:7).

The development which probably met with more immediate results was the awarding of several administrative grants. The grants were designed to assist voluntary executive members to meet the general office and travel expenses associated with their positions.



The three remaining steps were contributed through discussion periods. Although nothing concrete developed, the three problem areas were brought into prominent focus. It became evident that extensive studies would have to be conducted on

- (a) the feasibility of having national and regional training centers,
- (b) amateur hockey in Canada,
- (c) ways to coordinate competition through the local, regional, and national levels of various sports.

In addition to the above major developments, national organizations received assistance for the regular projects which continued from year to year. Included in this category were national and international competitions, instructional clinics for coaches, leaders, officials and athletes, organization of multiple games and such special projects which from time to time were necessary to encourage, promote and develop a sport or a fitness movement.

The total expenditure for the Grants to National Organizations program was \$1,595,223.00 during 1965-1966. The amount was an increase of more than \$600,000.00 above the previous fiscal year (27).

The Federal-Provincial Program remained much the same as it was during the 1964-1965 fiscal year. All provinces and territories except Quebec continued to participate under the three year agreement which was signed in 1964-1965. Manitoba and Alberta were the only provinces which cut down their expenditures during the year. The increased activity in the other provinces and the two territories cost the federal government \$253,059.00 more than the \$450,000.00 expenditure of 1964-1965.



In the 1965-1966 fiscal year, the post-graduate scholarship and fellowship program increased its activity by 27 awards and \$45,000.00. Forty of the recipients were studying for their doctorate; eighty-seven were studying for their master's degree; and one individual received a special fellowship (27).

The Fitness Research Program continued to combine the efforts of individual and institutional research to produce the needed information on various aspects of fitness. Seventeen individual studies were supported by \$149,834.00 in 1965-1966. The three fitness units, established in 1964-1965, received \$134,000.00 to conduct their programs for the year. In total, \$283,834.00 was spent on research projects during the year (27).

There were no major developments in the informational services extended to the Canadian people during the year. A kit on family camping was the only addition to the "How To" series although production was initiated on kits for badminton, volleyball, water sports and recreation. All other services of 1964-1965 were extended into 1965-1966 (27).

#### X. THE 1966-1967 FISCAL YEAR

The 1966-1967 fiscal year was the most active year in the first half decade of the Program (Appendix O). There was not only the perennial projects to administer but also the additional plans associated with Canada's Centennial Year. The federal authorities were most actively involved with the latter developments.

Most of the additional responsibilities were associated with the national organization phase of the total Program. The federal government





pledged its support to:

- (a) The First Canadian Winter Games;
- (b) The Pan American Games,
- (c) The Canadian Symposium of Recreation,
- (d) The special Centennial projects of various sports governing bodies.

In each of the four projects, a great amount of time had to pass before the commitments and responsibilities of each participating group were finalized.

In addition to the Centennial responsibilities, members of the Directorate, the Council, and the pertinent sports governing bodies were engaged with projects which resulted from efforts of previous fiscal years. These projects included:

- (a) The completion of a report on amateur hockey,
- (b) The introduction to a study on amateur boxing,
- (c) The establishment of a committee to study the feasibility of building national training centers,
- (d) The discussion of awarding a Canada Sports Medal to deserving persons,
- (e) The possibility of a new method of awarding grants to national organizations,
- (f) The approval of traditional projects submitted by national organizations and agencies.

The Grants to National Organizations phase of the Fitness and Amateur Sport Program cost the federal government a record high of \$3,500,000.00. The expenditure was approximately two million dollars more than the previous year (15).



An added burden was placed on the administrators at both ends of the Federal-Provincial Program in 1966-1967. The completion of the year represented the termination of the three year agreement signed in 1964-1965. Federal and provincial administrators had to meet during the 1966-1967 fiscal year to draw up a new agreement which would become effective the first day of the next fiscal year.

Three special grants were made during the year which were outside the terms of the 1964-1967 agreement, but each was considered a part of the Federal-Provincial Program. Manitoba received additional finances to assist in the production of a provincial leadership training center. Newfoundland received aid for the establishment of several provincial sports governing branches. New Brunswick received supplementary assistance to the amount of \$15,000.00.

The total cost of the Federal-Provincial Program in 1966-1967 was \$669,289.00. Although all but four of the provinces increased their expenditures, the 1966-1967 amount was \$33,770.00 less than the previous year. The difference was attributed to a substantial supplementary grant to Newfoundland during the 1965-1966 fiscal year (15).

The Scholarship and Fellowship program in 1966-1967 was not as active as it was the previous year. One hundred and ten recipients were awarded \$188,675.00 compared to the 108 students who had collected \$208,037.00 during 1965-1966. The respective award winners of 1965-1966 outnumbered the 71 master's students and the 37 doctoral students of 1966-1967. The only increase in program was the awarding of one additional special fellowship (15).



Sixteen individual research projects and three fitness research units were granted a total of \$345,988.00 to provide information which would increase the fitness knowledge of Canadians. The amount represented an increase of approximately \$63,000.00 from the preceding year (15).

The Fitness and Amateur Sport Directorate extended its Informational Services program during the year. Several promotional aids were produced or being produced by March 31, 1967. An explanation of the aids appears below.

- (a) The descriptive booklet, "Program for Everyone", was produced.
- (b) A large visual display illustrating the program was developed to be used at conferences and on television.
- (c) A promotional film on water sports, "Get Wet", was edited.
- (d) A fitness guide for men and women, "Get Fit-Keep Fit", was published.
- (e) The initial stages of a similar fitness guide for Canadian Youth was planned.
- (f) The preparation of films on volleyball, badminton and community recreation was begun.
- (g) Instructional materials on volleyball, hockey, water sports, and track and field were prepared.
- (h) A guidebook on the planning, building and operation of community centers was produced.
- (i) A catalogue on all publications produced by the provincial and federal governments was developed.





## CHAPTER V

### THE FIVE POINT PROGRAM

Bill C-131, The Fitness and Amateur Sport Act, received the unanimous support of both Houses in the Canadian Parliament. The legislators of the nation had agreed that the time had come for the Federal government to take a stand on the fitness and amateur sport status of the country. Although all members of parliament were in favour of the Act, all were not in agreement on how to improve that status for Canada.

Five operational years of the Fitness and Amateur Sport Program had passed prior to the study. In those years, many methods were employed in an effort to find an efficient operational format for promoting the objectives of the Act. By the end of the 1966-1967 fiscal year, a general approach had been adopted.

The contents of this chapter describe the Fitness and Amateur Sport Program as it existed during the years between April 1, 1962 and March 31, 1967.

#### I. THE GENERAL ADMINISTRATIVE APPROACH

The Fitness and Amateur Sport Act provided up to five million dollars a year to encourage, promote and develop fitness and amateur sport in Canada. When compared to the amount which was needed to support the fitness and amateur sport liabilities of the nation, the five million dollars was a trivial sum. As a result, the Government of Canada could not exercise a laissez-faire philosophy in spending. A philosophy of self-help was developed in substitution. Federal government grants were allocated only for those projects which were partially subsidized by the controlling group.





Canada's status in fitness and amateur sport had reached a certain level prior to the passing of Bill C-131. The purpose of the Act was to improve the 1961 status. Supporting projects in existence prior to 1961 would only maintain the existing status. With this idea in mind, the policy was established to support only extensions to programs and programs which were developed following the passage of the Act (6:8833). Fitness and Amateur Sport grants were awarded only to groups or individuals submitting projects which met the above criteria.

#### Fitness and Amateur Sport Directorate

When Bill C-131 was passed, the Department of National Health and Welfare developed a branch to administer the Program. This branch, the Fitness and Amateur Sport Directorate, was (8:258)

. . . responsible for the administration of grants-in-aid to national and international organizations; the granting of bursaries and fellowships to assist in the training of necessary personnel; for undertaking and assisting in research or surveys in respect of fitness and amateur sport; arranging for national and regional conferences designed to promote and further the objectives of the Fitness and Amateur Sport Act; the preparation and distribution of information relating to fitness and amateur sport; for coordination of federal activities related to encouragement, promotion and development of amateur sport in cooperation with any other departments or agencies of the Government of Canada carrying on such activities.

Following the assent of Bill C-131, a civil service competition was held to appoint a director for the Program. Mr. G. Wright, the President of the Canadian Association for Health, Physical Education and Recreation, became the Program's first director. Assisting him was Dr. D. Plewes. As Consultant on Fitness and Amateur Sport for the Department of National Health and Welfare, Dr. Plewes was most instrumental in the initial development



of the Fitness and Amateur Sport Program (51).

In the 1962-1963 fiscal year, an additional assistance was added to the Directorate's staff. Mr. R. Dion, a French-Canadian, received the Civil Service Commission's appointment as Assistant Director. When Mr. Wright resigned in August of 1963, Mr. Dion was appointed to his position in an acting capacity (30).

Dr. Plewes retired at the end of the 1963-1964 fiscal year and left the Directorate with two staff vacancies. On April 1, 1964, Mr. Dion was appointed Director of the Fitness and Amateur Sport Directorate with Miss J. Carmichael becoming his assistant (38). The position of Assistant Director, which was vacated on the promotion of Mr. Dion, was filled on March 5, 1965. The new Assistant Director, Mr. T. Bedecki, began his new assignment on April 1, 1965 (17).

During the 1965-1966 fiscal year, four new positions were created on the staff of the Fitness and Amateur Sport Directorate (27). The four consultant posts were to be occupied by Messrs. S. Spicer, C. Westland, T. Peterson and A. Fraser. Their respective positions were Education Materials Consultant, Recreation Consultant and Sports Consultants (24).

The Fitness and Amateur Sport Directorate did not increase its administrative staff during the 1966-1967 fiscal year. Appendix D (72) shows a line and staff diagram and the responsibilities of the members which were existing at the end of the study. Appendix E (72) illustrates the position of the Fitness and Amateur Sport Directorate in the Fitness and Amateur Sport Program.



### The National Advisory Council

Section 7, subsection (1) of Bill C-131 provides for the establishment of a National Advisory Council on fitness and amateur sport. The duties of the Council as outlined in Section 9 of the Act were to ". . . give consideration to and advise the Minister on (a) all matters referred to it pursuant to subsection (1); and (b) such matters relating to the operation of this Act as the Council sees fit," (18:423). Subsection (1) of the above quote referred to questions by the Minister.

The Council was required by law to consist of not more than thirty persons. A second requirement was that each province had to have a representative. According to Van Vliet (74) and a CAHPER publication (31), a precedent was established to have five members from the Atlantic Provinces, eight from Quebec, eight from Ontario, and eight from the Western Provinces. Each member served a term not exceeding three years. In an address to the annual meeting of the Canadian Sports Advisory Council on January 20, 1962, the Hon. J. Waldo Monteith explained that (22:24-25)

. . . the Council was to be a "Citizens Committee" . . .  
appointed on the basis of their qualifications as  
individuals. . . .

. . . no level of government as such would be represented. . . .

. . . none of the many fitness and amateur sport organizations  
in Canada would be represented as such on the Council. . . .

. . . . .

The final consideration involved representation from different sectors of the Canadian community. Our aim here, of course, was to make the Council broadly representative of the population and of the many groups interested in fitness and amateur sport activities. So you find included on Council--women, clergymen, doctors, physical educationists, sportswriters, and so on.







Each member of the Council was appointed by the Governor in Council on the advice of the Minister. When two past members of the Council were interviewed, they expressed the opinion that the appointments had political overtones (68, 74). One felt that the political interests of the appointee was highly influential; the other felt that politics was only important if all other things were equal. Both individuals were in agreement that the Council was well balanced and each member was most capable of holding the position.

The Council was composed of a chairman, several standing committees and various ad hoc committees. During the period under study, the standing committees included the Research Review Committee, Scholarship and Fellowship Committee, Grants Review Committee, Awards Committee and the Documentation Center Committee (42).

Members of the various committees included some Council members, prominent authorities in the area of emphasis, and a representative from the Directorate. The Directorate representative participated as a secretary and advised the group on their responsibilities.

Each committee met from time to time; the total number per year was dependent on the business at hand. It was the committee's responsibility to review the projects submitted to the Directorate, judge them by the established criteria, and draw up recommendations to be placed before the entire Council.

The Chairman of the Council called the members together two or three times a year. During the period under study, the National Advisory Council met fourteen times. The agenda of most of the meetings included the review of committee reports, the discussion of current problems associated with



fitness and amateur sport, and the development of a number of recommendations which would be submitted to the Minister for approval.

#### The Minister of National Health and Welfare

The National Advisory Council passed its recommendations to the Minister of National Health and Welfare. Whether or not the recommendations were approved, was a decision of the Minister and other Cabinet members. The Council may have recommended certain action but ". . . because of pressure from another source, the Minister will have to go against that recommendation. He is subject to other pressures than the Advisory Council," (68). When the Minister and the Cabinet approved a project or program, it was passed on to the Fitness and Amateur Sport Directorate for administration.

In practice, the Minister delegated his responsibilities to the Deputy Minister of Welfare. The Deputy Minister, in turn, held the Director General of Special Programs responsible for the Fitness and Amateur Sport Program (75).

#### In Summary

The procedure established for the submission and approval of Fitness and Amateur Sport projects was as follows (68, 74):

- (a) The applicant submitted a completed application form to the Directorate in Ottawa.
- (b) The Directorate referred the application to the proper standing committee of the Council.
- (c) After comparing the project against the established criteria, a decision would be recommended to the Council.
- (d) The Council voted either to recommend the project to the Minister or reject it.



- (e) The Minister either accepted the advice of Council or rejected the advice.
- (f) Final approval of the project had to come from the Cabinet.
- (g) If the project received Cabinet approval, it would be returned to the Directorate. The Directorate was responsible for administering the grants-in-aid of the project.

Mr. D. McColl (68), a member of the Advisory Council, felt that the procedure for project submission and approval was very well planned. His only objection to the method was the comparison of the project to established criteria at the standing committee level. It was his belief that persons or groups would organize their projects around the criteria to assure the approval of the projects. Mr. McColl was of the opinion that the project should be submitted and the criteria amended to fit the situation.

The Federal-Provincial Program was the only phase of the Fitness and Amateur Sport Program that did not follow the above system of submission and approval. A small committee of Council and Directorate members met to approve the projects. According to Van Vliet (74), the policy was not to dictate to the provinces. It was his opinion that "this is as good a way to handle it as any."

## II. GRANTS TO NATIONAL ORGANIZATIONS

### Introduction

Section 4 of Bill C-131 (18:422) states,

The Minister, in furtherance of the objects of this Act, may with the approval of the Governor in Council make grants to any agency, organization or institution that is carrying on activities in the field of fitness or amateur sport.





In Canada, there have been two administrative levels to most organizations promoting fitness and amateur sport. The national administration was interested in promoting their activity across Canada. The provincial or regional administration was concerned about the status of the activity in one small area of the nation. In most situations, the smaller body was an affiliate of the larger organization. Under such an arrangement, the interests at the grass root levels became secondary to those of national concern.

The Government of Canada was interested in the promotion of fitness and amateur sport at all levels of organization and ability. Two systems of granting aid to organizations were developed. The major and more direct method was a Grants to National Organizations program. The second was as a section of the Federal-Provincial Program. The latter was responsible for promotion at the local and grass roots level, while the former was designed to assist the national interests.

#### Purpose

Through the Grants to National Organizations program, the Department of National Health and Welfare (15:6)

. . . endeavours to motivate the building of strong organizational structures. It hopes to see officers and members of the organizations increasingly concerned with the equality of leadership at all levels. It encourages organizations to place high priority on a continuing self-evaluation, utilize all available methods to promote and develop the activity for which they are responsible. In addition it encourages them to find and develop different sources of revenues within the possibilities inherent in the type of sport or activity, so that federal grants can be used increasingly for developmental and special projects.





Mr. McColl (68) preferred to express the Department's attitude as follows:

I think what we're trying to do is to get people who are active in an organizational sense because this is what we are trying to create. The theory behind this is to create organizations to help people to help themselves, and to finance the creation of organizations in the early going with the view that they would eventually be able to stand on their own feet.

When you have this amount of money to deal with, the only thing you can create is the organization and the organization will create the rest.

### Classifications of Organization

Four classifications of organizations and agencies were eligible to receive assistance under the Grants to National Organizations phase of the Fitness and Amateur Sport Program. The most common group was competitive national sports governing bodies such as the Canadian Amateur Swimming Association. These organizations had the support of their International Federations and thus were recognized as the governing body in Canada.

A second group was the non-competitive national sports governing bodies. An example would be the Canadian Canoe Association. Such a group were more interested in promoting their activity than declaring national or international champions.

Most of the large grants under this section of the Program were awarded to the coordinating bodies responsible for the staging of multiple games. The Calgary Olympic Development Association, the Pan-American Games Committee and the Canadian Winter Games Committee were examples of the third classification.



The final category included agencies such as the Boy Scouts, Y.M.C.A., Boys' Club and the Canadian Association for Health, Physical Education and Recreation. All of these organizations were promoting fitness and amateur sport as part of their total programs (7).

Organizations and agencies of the above classifications were eligible to receive grants for the following projects (7):

- (a) The attendance at and the hosting of regional, national and international competitions,
- (b) The attendance at and the hosting of regional and national clinics for coaches, athletes, officials and leaders,
- (c) The conduction of special projects which will promote their activity, e.g., the competitive tour of the Russian and American volleyball teams,
- (d) Administrative purposes.

A major concern for the persons responsible for the operation of a purposeful and efficient Fitness and Amateur Sport Program was the duplication of projects. To limit such duplication, the following projects were rejected (7):

- (a) Projects which overlap or duplicate those sponsored by provincial and local government authorities.
- (b) Projects for services and financial assistance which are available normally through non-governmental and commercial sources.
- (c) Projects submitted by a local or provincial group. Such submissions had to be made by the national body or were required to be a part of the Federal-Provincial Program.

The federal authorities screened also the sections of projects requesting grants to cover fees to international federations.



### Administrative Grants

In the 1965-1966 fiscal year, the first grants for administrative purposes were awarded to thirty national bodies. The reason for the introduction of such a grant was that (27):

. . . . The greatly expanded activities of most of these organizations, as a result of the program, have resulted in a very significant increase in the administrative detail required in their operation . . . but the extent to which federal assistance should be provided for such purposes is a question which will need further consideration.

Further consideration was given to the administrative grant during the 13th Meeting of the National Advisory Council on October 28-29, 1966. The extent of federal aid was normally to assist up to five hundred dollars but under special conditions aid could amount to one thousand dollars. The definite amount to be received would be determined (58: Appendix I)

. . . on the basis of proven need and expansion potential of the organization . . . also taken into consideration: Registered membership (male and female); number of registered branches and locations; provincial representation; and international membership or affiliation.

### Organization Responsibilities

When applying for a grant under Section 4 of the Fitness and Amateur Sport Act, organizations had to be prepared to accept certain responsibilities. The Directorate had to receive applications prior to November 30th of the preceding year for which the grant was requested. Included in the application was to be the names and addresses of executive members, a recent annual report, and audited financial statement from the previous year and a description of the arrangement agreed upon by the provincial authorities in these provinces where the project was to take place.





Successful applicants had to assure that any unused portion of the grant would be returned, financial records would be kept available for audit when required, and a report would be forwarded within ninety days of project completion (7).

#### Grants Review Committee

The screening of all applications for aid under the Grants to National Organizations program was by the Grants Review Committee. The members of this standing committee of the National Advisory Council were responsible for checking a project against the established criteria. Upon the completion of the screening process, the committee would draw up a recommendation to be placed before the entire Council at its next meeting.

#### Problems of the System

Approximately \$7,777,297.00 were spent under the Grants to National Organizations program in the first half decade under study. Much of the above amount was distributed on a trial and error basis (44). By the end of the fourth year, Council and Directorate members began to analyze problems with the system and reform the procedure. The problems were (40, 44):

- (a) Because of number alone, grants were dealt with much too rapidly by the Grants Review Committee and Council was not able to study them seriously.
- (b) The system permitted the sports governing bodies to be interested only in getting the money and not in taking time to develop good new programs.
- (c) The Directorate staff were overburdened with responsibility in dealing with the organizations.



- (d) Because of the wide span of the fitness and amateur sport fields, the Council was not able to have qualified persons in all areas to make an intelligent decision on some projects.
- (e) There was a great delay between project submission and project approval.
- (f) As Council members were not reimbursed, great demands could not be placed upon them.
- (g) Poor administration in some organizations often lead to the mismanagement of funds.
- (h) A lack of co-ordination between the national organizations and the provinces had lead to serious duplication.

Evidence supporting the existence of the last two problems appeared when thirty-one national organizations replied to a form letter (Appendix H) and an interview was held with the administrator of the Federal-Provincial Program in Alberta (71). The conclusion of problem (g) was determined by these developments.

- (a) Seven of the letters replied that there was no such information available.
- (b) Two letters had to be referred to other people--one was not answered.
- (c) One organization admitted that it had been refused a grant because of mismanagement of a previous project.
- (d) Mr. E. Smith (71) explained that much duplication had taken place when the provincial authorities and the national organization would conduct clinics of the same nature for the same people during the same season. In one instance, he can recall that the above happened on the same weekend in two different parts of Alberta.

Reason (d) substantiated the existence of the (h) problem.

### Alberta's Participation

The extent to which Alberta or any province had benefit under the Grants to Organizations phase of the Fitness and Amateur Sport Program



was impossible to estimate. Grants from the above division of the Program were not specifically designated for one province. Each grant was given to the national organization, which in turn would use the money to promote the activity across the nation and not just in one province. The grants to which only Alberta could claim were those given to C.O.D.A. and Olympic '72.

The Calgary Olympic Development Association and Olympic '72 Committee were interested in promoting Banff as the site for the 1968 and 1972 Olympics, respectively. Much planning and preparation of the scene was needed before a bid could be made. Unfortunately each bid was defeated.

Mr. E. Davis (65), President of the C.O.D.A., explained that the 1968 bid had lost by three votes. The major reason for its defeat was that Squaw Valley, U.S.A. had recently held the games and the tendency was to have the site twice in Europe and then once elsewhere.

In the same interview, Mr. Davis, described the method by which the 1972 bid was defeated. He stated that a group of conservationists from Ontario, with the support of King Constantine of Greece, presented an exceptionally strong lobby to the International Olympic Committee. The influence of the King, plus the fact that a group of Canadians did not want Banff as the site, was all that was needed to defeat the Olympic '72 bid.

The Government of Canada was most co-operative with the associations in promoting Banff on both occasions. Approximately one-half of the total cost was covered by the federal government (65). The Hon. Mr. Monteith (39) claimed





. . . the major federal assistance comes from the Department of Northern Affairs and Natural Resources. . . . That Department is making substantial sums available for capital construction work. . . . The Department of External Affairs, too, has an important function to perform in securing the Games through the work of its representatives in acquainting officials abroad of the many advantages Banff can offer.

The Department of National Health and Welfare, through the Directorate, gave C.O.D.A. four grants totalling \$110,000.00 (23). An additional \$38,500.00 was granted to Olympic '72, the reconstituted Calgary Olympic Development Association (26, 27). Each grant was to be used for administrative and program activities (39).

### III. THE FEDERAL-PROVINCIAL PROGRAM

#### Introduction

Section 5, subsection (1) of Bill C-131 (18:422) states that

The Minister may, with the approval of the Government in Council, enter into an agreement with any province, for a period not exceeding six years, to provide for the payment by Canada to the province of contributions in respect of costs incurred by the province in undertaking programmes designed to encourage, promote and develop fitness and amateur sport.

The program that developed as a result of the above section of the Act, was to be known as the Federal-Provincial Program.

In planning the Federal-Provincial Program, the initial step was taken by the Hon. Mr. Monteith. The Minister of National Health and Welfare invited the designated Ministers from the provinces to attend a conference in Ottawa on February 19-20, 1962. The purpose of the conference, in his words (22:25),

will be to lay the groundwork for federal-provincial cooperation with regard to the new program . . . agreement may be reached on the establishment of a Federal-Provincial Committee at the Deputy-Minister level so that continuing consultation can be maintained on the joint aspects of the program. . . .





A Federal-Provincial Committee at the Deputy Minister's level was organized. The Committee, with the assistance of the designated Provincial Directors, drew up the terms of reference for a Federal-Provincial Program. Throughout the period under study, the Committee continued to function as an advisory group to the respective Ministers of the Federal-Provincial Program (52).

#### The First Agreement

The first Alberta federal-provincial agreement under the Fitness and Amateur Sport Program was signed by the respective Ministers well into the 1962-1963 fiscal year. Under this agreement, Alberta was entitled to \$40,348.00. The exact amount was established by two Orders in Council, P.C. 1962-452 and P.C. 1962-1324, and the agreement that each province would receive a flat amount of \$15,000.00 with the balance of the \$250,000.00 distributed on a per capita basis.

The monies available to Alberta under the 1962-1963 agreement were for two distinct purposes. Half the amount was to be used (46:2)

. . . to conduct such studies or surveys as may be necessary to indicate the present level of activities in the said field and priorities in achieving desirable extensions thereof in the province, and to provide a report thereon to the Minister;

The remainder of the allocation was available for liabilities associated with the promotion, encouragement, and development of fitness and amateur sport (46).

In accordance with the purposes described in Order in Council P.C. 1962-452, an Alberta Order-in-Council, 122/63 granted authority to spend \$20,174.00 and appoint a committee to conduct the study. The Fitness and



Amateur Sport Survey Committee, as it was known, met for the first time on January 17, 1963. Eleven months and eighty meetings later, the study was completed and a report was produced.

The report of the committee was submitted to the Hon. A. Holowach, the Provincial Secretary. Included in the report were ninety-one recommendations on ways to improve the status of recreation and allied programs in Alberta (59). Both the recommendations and the remainder of the report were classified as confidential material and as such were never released to the public. Additional details of the survey were available in a thesis by Lionel Fournier (50).

Under the signed agreement and Order in Council P.C. 1962-1324, eleven projects were conducted in Alberta during the 1962-1963 fiscal year. The projects amounted to a total of \$12,638.19.

The total amount of money spent by Alberta under the Federal-Provincial Program during 1962-1963 was \$34,612.00. One hundred per cent of the sum was reimbursed by the federal government on a once-only policy. To merit the provinces which had previously established budgets to participate, it was necessary to grant a complete reimbursement.

#### The Second Agreement

In the 1963-1964 fiscal year, the federal government increased the amount allotted to each province but decreased their share of contributions toward each project to the regular 60 per cent. Alberta was permitted to receive up to \$77,789.00 on the basis of a flat grant of \$35,000.00 to each province with the remainder of the \$1,000,000.00 distributed on a per capita basis (47).



Twelve projects were supported during the 1963-1964 fiscal year. Sixty per cent of the total cost of those projects amounted to \$3,294.24. When the cost was added to the amount of the bursary and scholarship awards, the federal government supported fitness and amateur sport in Alberta to the extent of \$41,544.24.

### The Third Agreement

On the advice of the provincial authorities in Alberta and other provinces a new three year agreement was signed in the 1964-1965 year (76). The agreement granted Alberta an allotment of \$77,789.00 of the \$1,000,000.00 available. Adjustments were to be made for the fiscal years 1965-1966 and 1966-1967 in accordance with the population changes.

Twenty-six projects received federal approval during the 1964-1965 fiscal year. The federal costs for the projects amounted to \$7,738.31. When the scholarship and bursary awards were added, the total expenditure was \$40,491.00.

An increase in the Alberta allocation under the Federal-Provincial Program occurred in the 1965-1966 fiscal year. Of the \$78,324.00 available, the province utilized only \$34,398.00. The total cost included the \$7,808.17 reimbursed to Alberta for the conduction of thirty approved projects.

The 1965-1966 fiscal year was the period of the lowest expenditure for Alberta under the Federal-Provincial Program. According to Smith (71), the explanation lay in the fact that there was a change in the staff of the provincial authorities. Many projects, which normally would have been processed did not receive approval until the 1966-1967 years. As a result, the 1966-1967 expenditures were substantially increased.







An increased expenditure of approximately \$10,000.00 accompanied a decreased allocation of approximately \$700.00, during the 1966-1967 fiscal year. Alberta was reimbursed \$43,874.00 from an allotment of \$77,683.00. For the first time, the project expenditure was higher than the scholarship and bursary expenditure. The former amounted to \$24,974.86 for the administration of thirty-three projects.

#### Alberta's Lack of Participation

The Government of Alberta received approximately \$187,500.00 from the Federal-Provincial Program during the first half decade under the Fitness and Amateur Sport Program. An analysis of the breakdown of the above amount appears in Appendix N.

In terms of dollars and cents, Alberta appeared to be one of the less active provinces under the Federal-Provincial Program (15, 23, 26, 27, 28). The reasons were (71):

- (a) Other provinces put a great deal of money into provincial administration, while Alberta paid for the additional administration from its own funds.
- (b) In other provinces, the provincial sports governing bodies did not assist in the projects as they did in Alberta, providing they could afford to assist.
- (c) Alberta had a very substantial program prior to the 1962 foundation line thus leaving less space for additional programs.
- (d) Alberta did not use as great a percentage for scholarships and bursaries as other provinces.

Mr. L. Wood (76) felt one other reason for the small amount of funds received under the Federal-Provincial Program was that Alberta was more precise in its scrutinization of projects than some other provinces.



The provincial authorities' policies in reasons (a), (b) and (d) were determined on the following respective bases:

- (a) The federal government might stop assisting provincial administration and the province would be presented with an unexpected liability.
- (b) It was hoped that sports governing bodies would become self supporting eventually, and that partial assistance was a step in the right direction.
- (c) There were plenty of opportunities for undergraduates to get financial assistance and the money could best be used for activity programs.

Mr. L. Wood (76) and Mr. C. Usher (73) agreed with Mr. Smith (71) that Alberta was not able to take full advantage of the program as a result of the 1962 foundation line. Mr. Smith felt that the provinces without a substantial program prior to 1962 could benefit immensely, but he questioned the value of the Federal-Provincial Program to Alberta. In his opinion, the amount of administration time would have to decrease in order for the program to be efficient in Alberta.

#### Project Submission

Most of the administrative problems were produced in the processing of proposed projects. The major complaints were the amount of paper work and the time involved between the submission of the project and the reimbursement for the project. To receive the sanction and finances of the Directorate, a proposed project had to complete the following steps (19, 71, 73, 76):

- (a) A completed "Association Application Form for Financial Assistance" had to be submitted to the Athletics and Outdoor Education officer in the provincial government.
- (b) After being evaluated as a project and judged against the criteria established by the federal authorities, the project was submitted by the officer to the Director for scrutinization.



- (c) The Deputy Minister was consulted providing the last two individuals favored the project. It was his responsibility to see that the project was not a duplication of one being sanctioned by another Department.
- (d) After the project was approved provincially, the provincial authorities reprinted the project description on a "Fitness and Amateur Sport Project" form and submitted the form to the federal authorities.
- (e) If the project was to be amended after step (d) was completed, a "Fitness and Amateur Sport Project Amendment" form had to be completed and forwarded to the Directorate.
- (f) The Directorate would judge the project against the before mentioned criteria and refer it to the National Advisory Council.
- (g) If the project was successful in passing the above set of screens, the approval to conduct the project was sent to the provincial authorities.
- (h) Upon the completion of the project, the provincial authorities had to send a report and claim sheet to the Directorate before reimbursement would be made.

Each project received the same type of screening process. The provincial authorities in Alberta had expressed an interest in having an agreement whereby the provinces would submit, once a year, a claim sheet with a description of all projects attached. The federal authorities would reimburse the provinces for those projects that met with the former's approval (71, 73).

#### Program Emphasis

The major program emphasis in Alberta was in the area of leadership training during the first half decade (71, 76). Scholarships and bursaries led the way because the federal government were paying 100 per cent of the liability. During the last two years of the period under study, a trend developed to decrease the amount thus allowing more funds for other areas.





The provincial authorities were beginning to approach the limit of their allocation, and provincial funds were available to meet the 40 per cent obligation.

After scholarships and bursaries, the sections of athletic and recreation leadership received the support of the provincial authorities. The projects in these sections generally consisted of clinics for coaches, officials, and leaders. Very few clinics were held for athletes.

Other areas which received some financial assistance from the Federal-Provincial Program were in-service training, seminars and conferences, grants to communities (only in the last years), publications and equipment. The provincial authorities in Alberta had a policy of not approving projects on provincial administration, provincial sports governing bodies administration and competition within the province. A change in that policy was evident by the end of the 1966-1967 fiscal year (71).

#### Drawbacks of Program

The Federal-Provincial Program was not as effective as it might have been. Even though this was to be expected as a result of operating on a trial and error basis, there were a number of drawbacks which could have been avoided or minimized. All three levels of administration (sports governing bodies, provincial authorities, and federal authorities) were at fault.

Generally speaking, the provincial sports governing bodies were at fault in the following ways (69, 71, 76):

- (a) They failed to plan ahead and expected to receive approval for a project by submitting it a few days prior to the to the proposed operational date.





- (b) They changed their executives frequently thus destroying the continuity of projects and planning. Each new executive had to be educated to the functioning of the Federal-Provincial Program.
- (c) They failed to follow-up their inquiries on the program and to take the initiative to put on projects.
- (d) They were allowing themselves to be dictated to by their national organization. They were promoting efforts of national rather than provincial interests.
- (e) They became less imaginative and used the assistance to continue their program rather than supplement their program.

The province was at fault as follows (37, 49, 71, 73, 76):

- (a) It was unable to meet the 40 per cent cost to the total amount of its allocation. By the end of the period under study, the province was meeting this obligation.
- (b) The publicity of the Federal-Provincial Program was very poor. Moberg (37) quotes Jack Reilly, Supervisor of Sports and Athletics for Edmonton, as follows, "Some provincial organizations don't even know the money is available."
- (c) The province failed to claim for several eligible projects because it was afraid that the federal authorities would update the 1962 foundation line. Such action would present Alberta with a financial burden which it was not expecting.
- (d) Three different persons held the major administrative position associated with the Federal-Provincial Program during the first half decade. Such action presented continuity, publicity, and administrative drawbacks.
- (e) The major means of publicizing the program was a project called Operation Giant Stride. The project was met with great approval by the sports governing bodies that were present. Unfortunately the proposed follow-up never became an actuality.

There were also five federal limitations which decreased the effectiveness of the program in the provinces.



- (a) The original plan was to assign one-half of the five million dollars a year to the Federal-Provincial Program. Under such an arrangement, each province would receive a flat grant of \$50,000.00 and the remainder on a per capita basis. Alberta was to receive \$190,452.00 (36, 57). There was little likelihood of the Federal-Provincial Program's share being increased beyond one million dollars.
- (b) The Directorate was most conscious of the British North American Act and failed to approve projects associated with school athletic programs.
- (c) The federal authorities failed to demand that national organizations communicate with the provincial authorities about projects involving persons within the province.
- (d) A very small percentage of the money was reaching the community or grass roots level of the fitness and amateur sport fields. In the past, the Fitness and Amateur Sport Program emphases were on the national and international levels.
- (e) Under the total Program, very little effort was directed toward the encouragement, promotion, and development of fitness and amateur sport among adults. Some benefits were gradually seeping through via the recreation programs. The amount was small in comparison to the benefits received by the youth of the nation.

#### Accomplishments of the Program

Despite the limitations, the Federal-Provincial Program produced some concrete advances in the field of fitness and amateur sport. Four major advances appear below (49, 71):

- (a) Many provinces were forced to employ professional staff members to organize and administer fitness and amateur sport programs within the province.
- (b) Through leadership clinics, better qualified leaders were produced at the local level. A strengthening of local and provincial organizations was a result of better leadership.
- (c) The excessive amount of money given for scholarships and bursaries assisted considerably in the development of the physical education profession in the provinces.
- (d) By working together on projects, a closer liaison was developed between provincial sports governing bodies and the provincial authorities.





### Summary of Interviews with Provincial Sports Governing Bodies

A description of a series of interviews with seventeen of the twenty-one provincial sports governing bodies appeared in Chapter II. Each organization had received assistance from the Federal-Provincial Program in Alberta during the first half decade. A summary and table of the replies may be viewed below.

Table I shows that eleven of the seventeen organizations had not known which projects were being sanctioned and financed under the Federal-Provincial Program or the Alberta Recreation Branch program. Most groups, eleven, did feel that the financial assistance received was quite helpful. Two associations found such aid of little significance, while three failed to experience any benefits at all.

All but four organizations experienced problems associated with the system of project submission and approval. The more common conflicts were:

- (a) an added administrative burden,
- (b) an insecurity in planning and conducting projects,
- (c) an inability to satisfy the criteria established by the provincial authorities.

The additional administrative burden was produced by the advanced planning and recording systems, which were necessary to participate in the program. Most groups felt such requests were realistic, but only if the organizations had the services of a full or part time administrator.

Many of the sports governing bodies experienced a sense of insecurity in attempting and/or participating under the programs. Three organizations were concerned that their liaison with the provincial authorities was by





TABLE I

SUMMARY OF REPLIES COLLECTED THROUGH INTERVIEWS  
WITH THE PROVINCIAL SPORTS GOVERNING  
BODIES

Question	Answers	Number Answering
1 Recognized FAS Projects	Yes  No	6  11
2 Most Common Problems of Sports Governing Bodies	Administrative Burdens Lack of Trained Leaders Lack of Voluntary Workers Lack of Publicity Lack of Finances Public Apathy	8 8 7 7 7 6
3 Evaluation of Aid from FAS Program	No Help Little Help Fair Help Great Help	3 2 9 2
4 Most Common Problems Created by FAS Program	Added Administration Insecurity of Projects Unable to Meet Criteria None	10 14 7 4
5 Most Common Recommended Improvements	Administrative Assistance Better Liaison with Provincial Authorities Travelling Expenses for Clinics and Competitions Money in Advance of Project Expand Program More Publicity	9 9 8 7 4 3
6 Able to Exploit FAS Program to Fullest Extent	Yes No (reasons) (a) lack of program knowledge (b) conflicting philosophies (c) government inconsistency (d) sports bodies own fault (e) lack of facilities	2 14 5 3 2 3 1



word of mouth; six bodies felt insecure in having to wait so long for confirmation that their project was approved; five associations experienced an inconsistency in the type of projects which would be approved.

Among the criteria for project approval set down by the provincial authorities were (a) to receive an honorarium in the project, persons attending the project would be required to pay a registration fee, and (b) a pre-determined attendance had to be met. Unfortunately organizations controlling the least popular activities felt they could not request registration fees and expect to attract new persons to the activity.

Through the use of the interview, a series of common problems appeared. Eight of the groups specifically suggested that the administrative burdens and the lack of trained leaders was seriously affecting the promotion of their activity. The lack of voluntary workers, the lack of publicity, and the lack of funds for travelling, equipment and facilities were considered as drawbacks by seven associations. Public apathy was experienced by the least popular activity groups.

As a result of the problems associated with project participation under the Recreation Branch and the problems experienced as a provincial sports governing body, several recommendations were suggested for the improvement of the system under study. Nine of the sports governing bodies suggested that administrative grants should be established. The same number were interested in having a better liaison established between the provincial authorities and the sports governing bodies. Travelling assistance to clinics and competitions would be a substantial aid to eight associations. Provincial groups would appreciate receiving the financial



aid prior to the conduction of the project. Seven organizations felt this would eliminate the inconvenience of securing a bank loan. Only one group was satisfied with the program as it had existed.

### Recommendations

A number of recommendations for improvement in the Federal-Provincial Program were suggested in the literature reviewed and in the interviews with the provincial authorities. A list of these recommendations appears below (55, 60, 71, 73, 76).

- (a) The provincial authorities should be notified by the Directorate of projects approved to national organizations.
- (b) The provincial authorities should be permitted to submit all projects together at the end of the year.
- (c) The provincial authorities must improve on the publicity of the program.
- (d) The provincial authorities should support athletes when attending clinics and competitions.
- (e) The federal authorities should liberalize their policies and approve of
  - 1. one hundred per cent assistance to local leadership clinics,
  - 2. payment to attendants for lost wages,
  - 3. projects in all areas of recreation,
  - 4. research at the provincial level,
  - 5. subsidizing athletes to national competitions,
  - 6. projects involving school fitness and athletic programs.

## IV. SCHOLARSHIPS, BURSARIES, AND FELLOWSHIPS

### Introduction

Section 3, subsection (c) of Bill C-131 states, "provide bursaries or fellowships to assist in the training of necessary personnel," (18:422).





The Fitness and Amateur Sport Program exercised the above clause to a financial position costing \$876,254.00 during its first five years of operation. Distribution of the above amount was through two avenues. The most direct route was the Scholarship-Fellowship phase of the Program while the second method was through the Federal-Provincial Program. In the former situation, the aid was granted for post-graduate study. Because of political convictions to the B.N.A. Act, aid for undergraduate study had to be dispersed by way of the latter method. The respective distribution was \$765,454.00 and \$110,800.00.

#### Post-Graduate Awards

During the first five years of the Fitness and Amateur Sport Program, aid for post-graduate study was granted for four different types of professional improvement. The two most common grants were scholarships to students entering or enrolled in master's or doctoral programs. The remaining types of grants were fellowships for research and special study (9).

To receive any of the awards, an individual had to complete the appropriate application form and return it to the Directorate in Ottawa. To be eligible for approval, the application had to be received by the Directorate no later than November 30th of the preceding year for which the grant was requested.

The applications and accompanying documents were checked by the Directorate and forwarded to the Scholarship and Fellowship Committee of the National Advisory Council. The committee consisted of representatives from the Council, the universities offering degree programs in the areas



of physical education and recreation, the provinces, and the Directorate. Each application was reviewed and judged against a pre-determined set of criteria, FAS Facts No. 1 and No. 1 (revised) (53:38). Upon reaching a decision, the committee passed the application and the recommendation to the Council. The Council's decision, realistically speaking, was the final result. If the application was for a research fellowship, the Research Review Committee was consulted prior to the applications arrival to the Council.

A successful applicant for a master's scholarship would receive \$2,000.00 for a full academic year of study. If he decided to study in the summer or a combination of summer sessions and a full year, the total of his awards would not exceed the above amount. Each award was not automatic in the later situation, but had to be reapplied for each time. In addition, the applicant would receive return economy air fare from his home to the site of the university if he studied in Canada and if it was necessary to go outside of his home province (9).

The doctoral scholarship amounted to \$2,000.00 for each full academic year. Separate application was required to receive the second award. For summer session study, the procedure was identical to the master's scholarship. Successful applicants were eligible for a yearly dependent's allowance of \$500.00 and a once only travel allowance equal to return economy air fare between the places of residence and study (9).

Several student obligations were associated with the winning of a post-graduate scholarship. Upon completion of his study, the award winner was to work in his field in Canada for a period of two years. The Directorate also required that he forward to them (9:4)



- (a) an official transcript of marks, and confirmation of degree, where applicable;
- (b) a copy of his thesis, where applicable, or special research project where thesis is not required;
- (c) . . . . .
- (d) evidence that all requirements for the degree have been fulfilled.

The research fellowships were awarded to established researchers possessing a doctorate in physical education or related fields. The post-doctoral award was to support special studies in fields allied to fitness and amateur sport. When study was to exceed three months, the recipient was eligible to a \$500.00 dependent's allowance in addition to the \$4,000.00 fellowship.

Awards classified as special fellowships were available to senior professional persons possessing a master's degree. The recipient was entitled to receive \$500.00 a month to pursue a study of existing programs in his area of the profession.

Successful fellowship recipients were granted return air transportation at economy rates plus a 50 per cent travel allowance for his wife providing the study period was to exceed three months duration (9:5).

A total of sixty-four Albertans had been granted post-graduate assistance from the Fitness and Amateur Sport Program between April 1, 1962 and March 31, 1967. Thirty-seven had received master's awards; fourteen had received doctorate awards; eleven had received both master's and doctorate awards, and two persons were recipients of research fellowships. By the end of the 1966-1967 fiscal year, thirty-seven of the sixty-four Albertans had completed study or were completing study and living in Alberta.





The two research fellowship recipients were Drs. M. Van Vliet and M. Howell of the Faculty of Physical Education at the University of Alberta. In a combined effort, they visited different countries in Europe and studied their physical education systems. The result of their visit was the report entitled, Physical Education and Recreation in Europe. The report became the property of the Directorate and has been reproduced by them.

#### Summary of the Post-Graduate Questionnaire Replies

A questionnaire was forwarded to the sixty-two scholarship recipients. Fifty-eight persons returned the questionnaire. Their answers indicated their beliefs in ways by which the program and its administration might have been more effective in meeting the needs of the recipients.

The questionnaire and replies are included as Appendices J and K respectively. A summary, accompanied by table, is included for the more pertinent replies.

Section II: notification. The Directorate had notified all but five of the twenty-eight respondents in ample time for each to complete his employment obligations and finalize his educational plans. Although most individuals did not have to resign or advocate their leaving until the end of May, it was generally felt that notification of successful applicants should have been completed by the end of January or February. Twenty-one and seventeen persons replied respectively.

Section III: reception. Tables II and III represent the distribution of replies concerning the reception of awards.

It is immediately apparent that the Directorate had forwarded the initial instalment at the most convenient time, prior to the student's



TABLE II

## RECEPTION OF AWARDS: INITIAL INSTALLMENT

Answers	Actual		Preferred	
	#	%	#	%
Prior to arrival at university city	42	73.7	48	85.7
After arrival--prior start of classes	4	7	3	5.4
Within one month of start of classes	7	12.3	5	8.9
Between one-two months after start of classes	2	3.5	--	----
Post two months start of classes	2	3.5	--	----
TOTAL	57	100	56	100



TABLE III

## RECEPTION OF AWARDS: FINAL INSTALLMENT

Answers	Actual		Preferred	
	#	%	#	%
Post Start of Classes --Prior Christmas Break	--	----	7	17.9
During Christmas Break	2	5.1	13	33.4
Within One month after Christmas Break	19	48.7	17	43.6
Between One-Two Months After Christmas Break	18	46.2	2	5.1
Post Two Months After Christmas Break	--	----		
TOTAL	39	100	39	100





arrival at the city in which he was to study. Generally speaking the students preferred to receive the final installment earlier than they had.

Section IV: influence of awards. The responses to the degree of influence the scholarships and the fringe benefits had on the student continuing his education appear in Table IV.

Over 50 per cent of the replies indicated that the award was extremely influential. All but five of the thirty-two persons would not have continued without receiving the award. At the other extreme, twenty-one individuals were influenced only slightly or not at all. The reasons for their replies were (a) had the money to continue, (b) were well advanced in their graduate program prior to the reception of the award, and (c) would go in debt to continue.

It is apparent from the table that the travel allowance had very little influence in studying in Canada. This reply may not be typical for other parts of the country. Albertans were not eligible for travel allowance because a suitable program was available in their home province. The most important fact that developed from the question was that very few of the students were knowledgeable of the availability of the travel allowance.

The dependent's allowance was influential to slightly over 25 per cent of the married doctoral candidates. The extent of the influence was moderate having only increased their desire to continue their studying.

Table V represents the student's attitude concerning the amount of the award.



TABLE IV

## INFLUENCE OF AWARDS IN CONTINUING EDUCATION

Answers	Scholarship		Travel Allowance* for Canadian Study		Dependent's Allowance**	
	#	%	#	%	#	%
No Influence	13	22.4	40	95.2	14	73.7
A Small Influence	8	13.8	1	2.4	3	15.8
50-50 Influence	5	8.6	--	----	2	10.5
A Large Influence	27	46.6	1	2.4	--	----
Complete Influence	5	8.6	--	----	--	----
TOTAL	58	100	42	100	19	100

\*Masters only

\*\*Doctoral only



TABLE V

AWARD VALUE

Answers	Single Students		Married Students	
	#	%	#	%
Too Much	6	12.5	--	----
Not Enough	4	8.3	35	76.1
Adequate	38	79.2	11	23.9
Total	48	100	46	100
Recommended Average Amount*	\$1800.		\$3222.	
Recommended Mode Amount*	\$1500.		\$3000.	

\*Tabulated from persons who checked other than "adequate".





It is apparent that the award was adequate for the single student but not satisfactory for the married student. In the latter case, the most common recommendation was to increase the value to \$3,000.00 per award.

Section VI: general. Most master's programs in Canada in the area of physical education were considered to be two full years of study. The responses to whether students in Canadian schools should have been eligible for scholarships during both years of study appear in Table VI.

The general convictions of the respondents were in the affirmative to yearly scholarships. Attention must be given, however, to a strong lobby replying negatively.

Also appearing in Table VI were the responses to the question of a dependent's allowance for master's students. It is most apparent that the awardees were in favour of the idea.

Section VII: evaluation. When the recipients were requested to advocate the revisions which they felt were necessary to improve the program and its administration, the most common replies were as follows:

- (a) Increase the married student's award.
- (b) Screen out the applicants without experience.
- (c) Eliminate the apparent political influence in the approval of applicants.
- (d) Grant the award in American currency when the study is to be carried out in the United States.
- (e) Decide the amount each person receives by a sliding scale.
- (f) Confirm the award at an earlier date.
- (g) Have a later submission deadline for applications.



TABLE VI

SHOULD MASTER'S STUDENTS BE ELIGIBLE FOR A SCHOLARSHIP  
EACH YEAR AND FOR DEPENDENT'S ALLOWANCE

Answers	Yearly Scholarships		Dependent's Allowance	
	#	%	#	%
Yes	28	50.9	49	94.2
No	21	38.2	1	1.9
Others*	6	10.9	2	3.9
TOTAL	55	100	52	100

\*Yes conditionally



- (h) Remove the full year criteria in the awarding of scholarships for summer students,
- (i) Change the scholarship to a bursary.

When the students were asked to advocate the aspects of the system that should remain unchanged, they replied most emphatically to keep the employment obligation clause as a condition for the acceptance of the award.

### Undergraduate Awards

The second and most indirect method of dispersion of funds under Section 3, subsection (c) of the Fitness and Amateur Sport Act was through the Federal-Provincial Program. Recipients of awards through this method were students entering or enrolled in an undergraduate degree program in the areas of physical education and recreation.

Alberta during the early years of the first half decade claimed very extensively for scholarships and bursaries. The provincial 40 per cent obligation was unable to be upheld in using the complete federal allocation. Contrary to other parts of the Federal-Provincial Program, all scholarships and bursary claims were reimbursed 100 per cent by the federal authorities. A natural reaction was to capitalize by awarding assistance to many undergraduates. During the last two years of the period under study, the Alberta government was more capable of upholding a full 40 per cent obligation. A substantial decrease in the number of awards accompanied the available finances. By the end of the 1966-1967 fiscal year, another substantial decrease was proposed (71).

The procedure that was followed in the granting of a scholarship or bursary involved three levels of individuals. An undergraduate student





would secure the appropriate application form from the Athletic and Outdoor Education Division of the Government of Alberta. The completed application and the supporting documents were to be returned prior to September 1st of the academic year of the award. After the applications were received, a committee would evaluate each and recommend approval or disapproval. The committee was composed of representatives of the provincial authorities and representatives of the Universities of Calgary and Alberta. The names of the successful applicants were sent to the Directorate for final approval. By the time, the awards were forwarded to the successful student, the academic year was two-thirds completed.

There were two types of awards granted to undergraduates. The bursary, the most common grant, was approved on the basis of need and ability. Any undergraduate was eligible to receive a bursary. A second award, the scholarship, was for first year students only. The successful scholarship winner had to have an average of over 70 per cent on the Alberta senior matriculations. Both types of assistance could not exceed \$500.00 (49).

The scholarship and bursary system was not as efficient as possible, claimed Mr. E. Smith (71). Until the 1966-1967 fiscal year, very little publication of the availability of the awards appeared in the Alberta high schools. Students enrolled at the universities had to be informed unofficially by members of the physical education staffs. The first serious publicity scheme was begun during the 1966-1967 fiscal year. At that time, every high school in Alberta received brochures on the availability of the awards (71).



One other inefficiency was the lateness of the federal authorities to issue the awards. Such lateness seriously hindered the students' plans to participate in the Canada Student Loans plan. Mr. C. Merkley (70) explained

The students loan is the last money that should be received and calculated as it takes into consideration all scholarships and bursaries and then makes up the difference in the budget.

. . . . The loans are already made long before the Fitness and Amateur Sport comes. This means if a student doesn't claim the scholarship or bursary on his loan application the Students Assistance Board has a difficult time getting the amount of the scholarship back. If the student does claim it he must be short of cash as it doesn't come until February, so he doesn't get that amount from the Students Assistance Board and has less money.

To assist in an earlier dispersion of the awards, the provincial authorities advanced the application deadline to September 1st in 1966. The province submitted the recommendations to the Directorate in October but the tardiness remained (71).

The most important year for an undergraduate to receive financial assistance was the first year (70, 71). Unfortunately the first year was the most difficult year to determine need, hence few bursaries were granted to first year students. In order to give more assistance to the entering undergraduate, a more efficient application form would have to be developed (71).

The scholarship should not have been exclusively for the first year student. "By spreading the award to all four years, an incentive would be produced to do better academically," claims Mr. Smith.

Messrs. Merkley and Smith (70, 71) explained that the physical education major in Alberta had five financial assistance plans for which



he was eligible. The plans were:

- (a) Fitness and Amateur Sport Awards
- (b) Department of Youth Scholarships
- (c) Queen Elizabeth Scholarships
- (d) Canada Student Loans
- (e) Alberta Student Loans

All five plans should be administered by one controlling body. Such a policy would make it necessary for the student to apply to one main source thus avoiding a duplication of awards (71).

#### Summary of Undergraduate Questionnaire Replies

A questionnaire (Appendix L) was forwarded to persons who had received Fitness and Amateur Sport undergraduate awards during the 1965-1966 and 1966-1967 fiscal years. Replies (Appendix M) were received from eighty-eight of the one hundred and eight eligible respondents. A summary of replies to the major questions appear below.

Notification and reception of awards. Table VII indicates the actual and preferred times of the year to receive both the notification of winning the award and the award money.

It is quite evident that the students did not receive the assistance or the notification of assistance at the most convenient time. They preferred to receive this notification prior to registration, and the award after registration but prior to the Christmas break.

Publicity of awards. Only four students were aware of the availability of the awards before entering university. The other eighty-four awardees were notified by fellow students or a staff member after they





TABLE VII

NOTIFICATION AND RECEPTION OF UNDERGRADUATE  
SCHOLARSHIPS AND BURSARIES

Answers	Notification		Reception	
	Actual #	Preferred #	Actual #	Preferred #
Prior to Registration	--	50	--	11.5
Post Regis- tration--Prior Christmas Break	12	34	1	51
During Christmas Break	4	3	1	6
Post Christmas Break--Prior End of Year	72	1	86	19.5
Post End of Year	--	--	--	--
TOTAL	88	88	88	88





were at university. In some cases, they had not been notified until it was too late to apply in that particular year.

Influence of Awards. Table VIII contains the responses to the amount of influence both the reception and the possibility of the reception of an award had in the choice of physical education or recreation as a career.

The table shows practically no influence at all. The result, however, might not be indicative had the awards been publicized more extensively while the recipients were in high school.

Although the awards had little influence in attracting students into the professions of physical education or recreation, they were found to have saved thirty-eight students from borrowing money or borrowing additional money. Thirteen individuals were able to continue their program on schedule, as a result of the awards.

The use of awards. The responses in Table IX depict the individuals' beliefs as to how an educational award should be spent and was spent.

It appears that the most common convictions as to how such an award should be spent were for academic responsibilities and free choice. The former response held only a slight lead in this respect. Due to the lateness in the arrival of the cheques, a number of students were unable to spend the awards as they normally might have spent them.

A breakdown of the methods of expenditure of the awards by the 28.75 persons replying to the "others" category was:

- (a) general expenses - twelve,
- (b) deposited in the bank - ten,



TABLE VIII

INFLUENCE OF AWARDS ON ENTERING PHYSICAL  
EDUCATION OR RECREATION

Answers	Reception		Possibility of Reception	
	Scholarship #	Scholarship %	Bursary #	Bursary %
No Influence	14	100	72	91.1
A Small Influence	--	---	2	2.5
50-50	--	---	3	3.8
A Large Influence	--	---	2	2.5
A Complete Influence	--	---	--	---
TOTAL	14	100	79	99.9
			60	100.1
			83	100



TABLE IX

## EDUCATIONAL AWARDS: THEIR USE

Answers	Theoretical		Actual	
	#	%	#	%
Tuition, Books, Professional Supplies	41.5	47.2	28.75	33.8
Room and Board	8.5	9.6	20.75	24.4
Travelling	.5	.6	2.5	3
Clothing	.5	.6	4.25	5
Free Choice* Others**	37.	42.	28.75	33.8
TOTAL	88	100	85	100

\*Theoretical Answer

\*\*Actual Answer





- (c) used as spending money - six,
- (d) summer school - two,
- (e) to buy a car - two,
- (f) other things - one.

Evaluation of the program. The undergraduate scholarship and bursary winners were asked to indicate ways that the program could have been improved. The most common responses were:

- (a) earlier notification - fifty-six persons,
- (b) more publicity - thirty-three persons,
- (c) a better scrutinization of applicants - thirty-one persons,
- (d) larger grants - thirteen persons.

Other remarks included more awards, scholarships for all years of study, and more emphasis on need.

When the students were requested to indicate the major improvements to be made, they replied:

- (a) earlier notification - thirty-five persons,
- (b) a better scrutinization of applicants - twenty-one persons,
- (c) more publicity - ten persons,
- (d) larger grants - five persons,
- (e) scholarships available for all years of study - three persons.

The strong points of the program were indicated by the students to be:

- (a) that need was used as a criteria - thirty-three persons;
- (b) that the government was promoting physical education and recreation - thirty persons;
- (c) that academic ability was used as a criteria - ten persons;



(d) that the award promoted the opportunity to take a professional orientated summer position - six persons;

(e) that freedom was permitted in spending - five persons;

(f) that large numbers of awards were granted - four persons.

The students considered that the strongest points of the program were (a) that the government was promoting the profession of physical education and recreation, and (b) that bursaries were available under the program.

## V. RESEARCH

### Introduction

Section 3, subsection (d) of Bill C-131 states, "undertake or assist in research or surveys in respect of fitness and amateur sport," (18:422).

There have been two classifications of research supported by Fitness and Amateur Sport funds under the sanction of the above clause. The initial classification to be awarded was individual research (35:1). In 1964, a second classification was begun (23:137). Institutional research was initiated at Fitness Research Units in three Canadian universities-- Montreal, Toronto, and Alberta.

### Individual Research

Persons interested in completing research within an area allied to fitness and amateur sport had to follow an application procedure similar to that of a post-graduate student applying for the scholarship. The only difference in the entire line of submission was the substitution of the Research Review Committee for the Scholarship-Fellowship Committee.



The Research Review Committee was comprised of prominent members of both the physical education and medical science professions. Some of the committee members were active members of the Council while others were interested appointees. Their responsibility was to review each application for research assistance and recommend to the Council the extent if any to which the project should be supported (54).

The individual research conducted by Albertans was completed at the University of Alberta in Edmonton. According to Dr. M. Howell (66), the amount of projects should have been much larger. It was his belief that because the University of Alberta was receiving financial support for its fitness unit, individual staff members were discriminated against when applying for research grants.

### Institutional Research

The original idea for the establishment of institutional units for research was credited to Dr. D. Plewes (66). The idea was accepted by the federal government and a discussion centered around whether they should support one or three such units. By the time the University of Alberta had heard of the proposal, a decision was practically made to establish units at the Universities of Montreal, Toronto, and British Columbia. The University of Alberta, led by the co-operative efforts of Dean M. Van Vliet and Dr. M. Howell, submitted a brief to the federal authorities. The brief, which contained an explanation of why the University of Alberta should be chosen as a unit site, was successful in securing the approval over British Columbia (66).

In the 1964-1965 fiscal year, five year agreements were signed between the federal government and the three universities involved. The





federal authorities donated \$25,000.00 semi-annually to the universities and agreed to give a one year notice prior to discontinuing the program. The University of Alberta agreed to provide space in the basement of the Education Building, and pay for the physical aspects other than research equipment (66).

The unit at the University of Alberta consisted of five research laboratories and four offices. This unit was administered (63)

. . . as a part of the Faculty of Physical Education by virtue of an annual grant from the National Council on Fitness and Amateur Sport in the Department of National Health and Welfare. The Unit is staffed by two full-time Research Professors, a half-time Research Fellow, two Laboratory Technicians and several part-time graduate student Research Assistants. The Unit has been in operation two years as of March 31, 1967.

The basic objective of the Unit is the instigation and furtherance of fundamental and applied research in the topical area of Physical Fitness of the Canadian population. This research is essentially concerned with the normative-descriptive-survey aspects of Physical Fitness status, supplemented by experimental and clinical investigation of Physical Fitness process. The adopted formal "theme" for this research has been structured around a "Definitive Analysis of the Inter-relationships Between Fitness and Motor Performance as a Function of Age and Sex".

As the unit was a part of the Faculty of Physical Education, the Director was immediately responsible to the Dean. From the Dean's position, the line of command followed the standard avenue which was established for all programs within the Faculty of Physical Education (66).

The Fitness Research Unit was considered to have great potential in producing information on the different aspects of physical fitness (62, 66). To assist the unit in reaching that potential, changes in the program were recommended. The recommended changes were (66):

- (a) Federal support should be guaranteed for a period exceeding five years in length.





- (b) A larger yearly grant is necessary.
- (c) An annual meeting should be held among the unit staff, Research Review Committee, and the Directorate.
- (d) The Research Review Committee should be recomposed to include persons who were knowledgeable in a different type of research in order that guidance could be given to research in the areas of sociology, administration, historical, etc.
- (e) The Research Review Committee should approach qualified persons to research pre-determined areas of need.

## VI. CO-ORDINATING AGENCIES

### Introduction

Section 3, subsection (g) of Bill C-131 states, "prepare and distribute information relating to fitness and amateur sport," (18:422).

Subsection (i) of the same section states

. . . co-ordinate federal activities related to the encouragement, promotion and development of fitness and amateur sport, in co-operation with any other departments or agencies of the Government of Canada carrying on such activities; and

Under the sanction of the above subsections, the Directorate was granted laissez-faire in co-ordinating with other agencies on projects of common interest. The co-ordinating agencies came from both within and outside the Department of National Health and Welfare.

### Informational Services

The Department of National Health and Welfare had established a division known as Informational Services. This division worked co-ordinately with other divisions within its department and within other departments when projects of common interest were conducted. Mr. G. Lomar (67), the Informational Service Officer for the Directorate, described the responsi-



bilities of his division as follows:

. . . . Information Services acts as the agent in the production, publication and distributing of printed and audio-visual material, as well as the liaison between the various divisions of this department and other federal departments and agencies.

. . . . Information Services also handles all the public and press relation aspects of the Fitness Program.

Information Services is responsible for the planning and construction of displays relating to the Fitness Program. Everything, of course, is done in co-operation with the Fitness Directorate and is generally planned on a one, two or three year basis.

To conduct these responsibilities, the Directorate was allocating \$300,000.00 a year by 1967 to Informational Services.

The mailing address for this division was:

Informational Services,  
Department of National Health and Welfare,  
Ottawa, Canada.

#### Canadian Documentation Center

The Canadian Documentation Center developed from a request by the International Council of Sport and Physical Education. The International Council was interested in the establishment of documentation centers for sport and physical education throughout the world in order that an inter-library loan system could be established. Such a system would grant professional physical educators and other interested persons access to the world's knowledge in their area of specialization (21).

In 1962, the University of Ottawa accepted the invitation by the International Council to establish a center on campus. It was established through the efforts of voluntary professional services and some financial aid from the Directorate. Within a year, the administrators realized the



center was not satisfying the need of the profession of physical education and allied areas. The Directorate increased its financial aid and a small full-time staff was employed. The administrative structure of the reorganized center appears in Appendix G (21).

The Canadian Documentation Center (51:2)

. . . collects, classifies and makes available factual information concerning fitness and sport. The Centre is essentially a bilingual repository of selected publications, records, and documentation pertinent to Fitness, Sport, Physical Education and Recreation, and a referral medium through which additional information can be obtained from recognized documentation sources.

The services of the Canadian Documentation Center were able to be obtained by writing (51:6)

. . . a letter outlining the nature of your enquiry or listing the specific information desired. Routine replies with included typewritten bibliography pertinent to the request, a price list of the items held in the Center that are available for reproduction, and a referral list of items held elsewhere [will be returned to the enquirer]. The enquirer can then order the reproductions he needs either from the Center or from another source.

The initial letter would be sent to the

Canadian Documentation Center,  
Fitness and Amateur Sport,  
University of Ottawa,  
Ottawa 2, Ontario

The Canadian Documentation Center had forwarded copies of its quarterly bulletin and a list of its periodical holdings to university libraries, provincial government libraries, professional schools of physical education, sports governing bodies, professional associations, and operating agencies (29). Additional details on the operations of the Center would be available at these sources. The January, 1965, Bulletin provided useful details.







Canadian Film Institute

One of the co-ordinating agencies outside of the Department of National Health and Welfare was the Canadian Film Institute (64).

CFI is a non-profit corporation which represents and brings together Canada's educational, scientific and cultural interests in the field of film. Members of the Institute include universities, trade unions, galleries, museums, manufacturers, hospitals, voluntary associations, film distributors, provincial Departments of Education, and others.

The first function of the Canadian Film Institute "has always been the establishment and maintenance of a national resource film library service for all Canadian borrowers," (41:5).

The Canadian Film Institute co-operated with the Directorate by distributing and publicizing the film holdings in the areas of fitness and sport. Any of the films produced under the Directorate's monies were given to the Canadian Film Institute (64).

Additional information on the film holdings could be received by writing

Library and Information Service,  
Canadian Film Institute,  
1762 Carling,  
Ottawa 13, Ontario.

National Film Board

The National Film Board of Canada filmed parts of the "How To" kits for the Fitness and Amateur Sport Directorate. Information and films could be obtained by contacting National Film Board Offices or local film libraries (32:25). Purchase orders were to be addressed to:

Canadian Division,  
National Film Board of Canada,  
Box 6100,  
Montreal 3, Quebec.



Departments Other Than National Health and Welfare

A liaison had been established between all federal government departments. When projects were of common interest to two or more different departments, it was necessary to have such a liaison to avoid duplication and guarantee co-ordination. An example of such a project was explained earlier in the present chapter. When the Calgary Olympic Development Association and Olympic '72 were preparing to bid for the 1968 and 1972 Winter Olympics respectively, both the Directorate and the Department of Northern Affairs and Natural Resources worked together in granting aid. Such associations with other departments were common during the first half decade of the Fitness and Amateur Sport Program.



## CHAPTER VI

### SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

#### I. SUMMARY

The problem developed in this study was to collect, compile, and summarize information relative to the administration of the Fitness and Amateur Sport Act in the Province of Alberta. The study encompassed the time period from April 1, 1962 - March 31, 1967.

The relative information was collected by (a) examining the files and documents of the federal and provincial governments, (b) searching the files and stacks of the library at the University of Alberta, (c) corresponding with and interviewing the authorities in the area, and (d) conducting two forms of questionnaires.

The general purpose of the study was to assist in the promotion of a knowledge and understanding of the Fitness and Amateur Sport Program in Alberta. A knowledge and understanding of the Act are requisites for optimum use and participation. The degree of success of the legislation depends on the amount and type of use made by the public.

Federal aid to the areas allied to fitness and amateur sport has been available since 1909. The most ambitious legislation prior to the Act was the National Physical Fitness Act of 1943. The program associated with that legislation was less than satisfactory. A lack of use and an inefficient administrative system resulted in an unsatisfactory program.

When the Fitness and Amateur Sport Act was passed, knowledgeable persons began to compare it to the unsuccessful 1943 legislation. Recommendations for improvement were forwarded by many interested persons and



groups in order to assure the success of the Fitness and Amateur Sport Program.

The present study was begun after the Program had been in operation for five years. Within those five years, the Program had progressed from one-fifth the intended scope to meet its statutory financial limit. Five general avenues were utilized in the dispersion of the monies. They were:

- (a) Grants to National Organizations
- (b) The Federal-Provincial Program
- (c) Scholarships, Bursaries, and Fellowships
- (d) Research
- (e) Co-ordinating Agencies

## II. CONCLUSIONS

After a period of operating on a trial and error basis, the Fitness and Amateur Sport Program was conducted along well defined guidelines. The earlier years produced some duplication of projects, poorly planned programs and misguided expenditures. The reasons responsible for these drawbacks were (a) the lack of staff at the National Directorate and the Provincial Recreation Branch levels, and (b) the attitude of sports governing bodies towards accepting funds but giving very little in return. As the number of administrative personnel increased and well defined guidelines were developed, the earlier problems diminished. There were few attempts to evaluate the results of the program during the initial five years. The major emphasis was on the development of well defined programs and an





equitable dispersion of funds. There was little opportunity to conduct follow-up studies to examine the effects of the Act on Canadian fitness and amateur sport. The major problem associated with the later years of operation was the lack of evaluating the degree to which the legislation had met its stated objectives.

It can be concluded from this investigation that the Fitness and Amateur Sport Program has assisted individuals and groups in furthering their own objectives. These objectives complement those initially established by the Fitness and Amateur Sport Act. It can be deducted, therefore, that the Fitness and Amateur Sport Program has furthered its own objectives.

Results indicated that recipients were not able to make full use of the programs offered by the Fitness and Amateur Sport Directorate. The major reasons were that: (a) they lacked an understanding of the scope of the programs; (b) they were hindered by additional administrative problem associated with participation; (c) the long delay between application and approval of grants restricted their program development. As the success of the legislation depended on the degree to which the participants used the grants to further their objectives, it can be concluded that the Fitness and Amateur Sport Program might not have been effective as possible in the encouragement, promotion and development of fitness and amateur sport.

Complete use must be made of the Program if the objectives of the Fitness and Amateur Sport Act are to be promoted to their greatest extent. A knowledge and understanding of the Act are requisites for optimum use and participation.



### III. RECOMMENDATIONS

#### Administration

A major problem was the additional administrative burden associated with participating in the Fitness and Amateur Sport Program. To diminish this problem, the Directorate should permit the provincial authorities to submit one report on all projects conducted during the year. Reimbursement would then be made for approved projects. The provincial authorities, in turn should give the provincial sports governing bodies an annual grant at the beginning of the year. At the end of the year sports governing bodies should submit a report on the projects they conducted.

Most provincial sports governing bodies depended on voluntary executives elected for only a one or two year turn of office. These persons were often able to give only cursory attention to their executive positions. In many cases their recording and communication systems were less than efficient. The provincial authorities should consider granting either financial or staff administrative assistance.

#### Publicity

During the time period under study, lack of publicity was one of the major problems, particularly at the provincial government level. The lack of publicity resulted in duplication of projects, public apathy, and an apparent lack of initiative by prospective participants.

The administrators in both the federal and provincial governments should engage in a massive publicity campaign. Particular attention should be given the following areas:



- (a) The Directorate should provide the provincial authorities with an analysis of the projects for which national sports governing bodies have received grants.
- (b) The provincial authorities should conduct regular projects such as Operation Giant Stride in order that such items as philosophy of the program, the program itself, and the needs of the sports governing bodies can be discussed.
- (c) The provincial authorities should publicize the undergraduate awards much more extensively.

### Distribution of Aid

From the investigation there appeared an apparent need to redistribute money to certain projects which were not receiving aid or not receiving sufficient aid. The following projects are recommended:

- (a) The Directorate should consider a larger allocation of funds to the Federal-Provincial Program. Such action might increase the chances of the aid assisting the grass roots level of fitness and amateur sport. To permit the provincial government to participate in an enlarged allocation, 100 per cent reimbursement should be considered for some projects other than scholarships and bursaries.
- (b) Post-graduate awards should be granted on a sliding scale of need but only after academic ability has qualified the individual for an award.
- (c) In the undergraduate awards phase of the Federal-Provincial Program, consideration should be given to the granting of scholarships for all years of study and the granting of additional awards at the first year level.
- (d) To permit long range and more extensive research, the amount and the number of years of guaranteed assistance should be increased for the Fitness Research Unit.

### Areas for Additional Study

Additional study should be conducted in the following areas:

- (a) Follow-up studies of the recipients in each area should be conducted in order to make an evaluation of the Fitness and Amateur Sport Program.





- (b) Regional studies across Canada on the type of projects that are in operation might be of interest to the different areas of the nation.
- (c) A more extensive study should be conducted on the problems of provincial sports governing bodies in Alberta.
- (d) The area of undergraduate awards to students in physical education and recreation in Alberta should be reviewed. Attention should be given to the co-ordination of the Fitness and Amateur Sport awards with the Queen Elizabeth Fund, the Department of Youth awards and the Canada and Alberta Student Loans.
- (e) A second Fitness and Amateur Sport Survey Committee should be established to conduct a study similar to the first survey. Comparisons should be made and the recommendations studied for implementation.



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A P P E N D I X     A

BILL C-131



4th Session, 24th Parliament, 9-10 Elizabeth II, 1960-61.

THE HOUSE OF COMMONS OF CANADA

BILL C-131.

An Act to Encourage Fitness and Amateur Sport.

Her Majesty, by and with the advice and consent of the Senate and House of Commons of Canada, enacts as follows:-

Short Title.

Short title. 1. This Act may be cited as the Fitness and Amateur Sport Act.

Interpretation

Definitions.	2. In this Act,
"Agreement."	(a) "agreement" means an agreement entered into under this Act;
"Council."	(b) "Council" means the National Advisory Council on Fitness and Amateur Sport established by this Act;
"Member"	(c) "member" means a member of the Council; and
"Minister."	(d) "Minister" means the Minister of National Health and Welfare.

Objects and Powers.

Objects and powers.	3. The objects of this Act are to encourage, promote and develop fitness and amateur sport in Canada, and, without limiting the generality of the foregoing, the Minister may, in furtherance of such objects,
	(a) provide assistance for the promotion and development of Canadian participation in national and international amateur sport;
	(b) provide for the training of coaches and such other personnel as may be required for the purposes of this Act;
	(c) provide bursaries or fellowships to assist in the training of necessary personnel;
	(d) undertake or assist in research or surveys in respect of fitness and amateur sport;





## APPENDIX A (Continued)

- (e) arrange for national and regional conferences designed to promote and further the objects of this Act;
- (f) provide for the recognition of achievement in respect of fitness and amateur sport by the grant or issue of certificates, citations or awards of merit;
- (g) prepare and distribute information relating to fitness and amateur sport;
- (h) assist, co-operate with and enlist the aid of any group interested in furthering the objects of this Act;
- (i) co-ordinate federal activities related to the encouragement, promotion and development of fitness and amateur sport, in co-operation with any other departments or agencies of the Government of Canada carrying on such activities; and
- (j) undertake such other projects or programmes, including the provision of services and facilities or the provision of assistance therefor, in respect of fitness and amateur sport as are designed to promote and further the objects of this Act.

## Grants

## Authorized

4. The Minister, in furtherance of the objects of this Act, may with the approval of the Governor in Council make grants to any agency, organization or institution that is carrying on activities in the field of fitness or amateur sport.

## AGREEMENTS AUTHORIZED

## Agreements

## Authorized

5. (1) The Minister may, with the approval of the Governor in Council, enter into an agreement with any province, for a period not exceeding six years, to provide for the payment by Canada to the province of contributions in respect of costs incurred by the province in undertaking programmes designed to encourage, promote and develop fitness and amateur sport.

"Costs"  
defined

(2) In this section, "costs" incurred by a province means the costs incurred by the province determined as prescribed in the agreement made under this section between the Minister and the province.



## APPENDIX A (Continued)

"Programmes designed to encourage, promote and develop fitness and amateur sport" defined

(3) In this section the expression "programmes designed to encourage, promote and develop fitness and amateur sport" in respect of a province, means programmes, as defined in the agreement made under this section between the Minister and the provinces, that are designed to further the objects of this Act.

Amendment of agreement.

6. Any agreement made under this Act may be amended

(a) with respect to the provisions of the agreement in respect of which a method of amendment is set out in the agreement, by that method; or

(b) with respect to any other provision of the agreement, by the mutual consent of the parties thereto with the approval of the Governor in Council.

## COUNCIL ESTABLISHED.

Council established

7. (1) There shall be a Council to be called the National Advisory Council on Fitness and Amateur Sport, consisting of not more than thirty members to be appointed by the Governor in Council.

Tenure

(2) Each of the members of the Council shall be appointed to hold office for a term not exceeding three years.

Chairman

(3) The Governor in Council shall designate one of the members to be chairman.

Composition of Council

(4) Of the members of the Council, at least one shall be appointed from each province.

Quorum.

(5) A majority of the members constitute a quorum of the Council, and a vacancy in the membership of the Council does not impair the right of the remaining members to act.

Absence or incapacity.

(6) In the event of the absence or temporary incapacity of any members, the Governor in Council may appoint a person to act in his stead during such absence or incapacity.

Procedure.

(7) The Council may make rules for regulating its proceedings and the performance of its functions and may provide therein for the delegation of any of its duties to any special or standing committee of its members.





Remuneration of chairman. Travelling and living expenses of members.

8. (1) The chairman of the Council shall be paid such remuneration for his services as may be fixed by the Governor in Council.

(2) The members other than the chairman shall serve without remuneration, but each member is entitled to be paid reasonable travelling and other expenses incurred by him in the performance of his duties.

Reference to Council.

9. (1) The Minister may refer to the Council for its consideration and advice such questions relating to the operation of this Act as he thinks fit.

Council to consider and advise.

(2) The Council shall give consideration to and advise the Minister on

(a) all matters referred to it pursuant to subsection (1); and

(b) such other matters relating to the operation of this Act as the Council sees fit.

#### GENERAL

Payments out of C.R.F.

10. The Minister of Finance shall, upon the certificate of the Minister, pay out of the Consolidated Revenue Fund such amounts not exceeding in the aggregate five million dollars in any one fiscal year as may be required for the purposes of this Act.

Officers, clerks and employees.

11. Such officers, clerks and other employees as are necessary for the administration of this Act shall be appointed under the provisions of the Civil Service Act.

Regulations

12. The Governor in Council may make regulations

(a) defining for the purposes of this Act the expressions "fitness" and "amateur sport";

(b) respecting the provision of facilities in respect of fitness and amateur sport; and

(c) generally, for carrying into effect the purposes and provisions of this Act.

Report to Parliament.

13. The Minister shall, within three months after the termination of each fiscal year, prepare an annual report on the work done, moneys expended and obligations contracted under this Act and cause a report to be laid before Parliament if Parliament is then sitting or, if Parliament is not then sitting, on any of the first fifteen days next thereafter that Parliament is sitting.

Commencement of Act.

14. This Act shall come into force on a day to be fixed by proclamation of the Governor in Council.





A P P E N D I X      B

NATIONAL PHYSICAL FITNESS ACT



An Act to Establish a National Council for the purpose of promoting  
Physical Fitness.

Assented to 24th July, 1943.

His Majesty, by and with the advice and consent of the Senate and House of Commons of Canada, enacts as follows:

- |                              |   |
|------------------------------|---|
| Short title                  | 1. This Act may be cited as <u>The National Physical Fitness Act</u> .  |
| Definitions.<br>"Council".   | 2. In this Act unless the context otherwise requires,<br>(a) "Council" means the National Council on Physical Fitness;  |
| "Director".                  | (b) "Director" means the National Director of Physical Fitness;   |
| "Fund"                       | (c) "Fund" means The National Physical Fitness Fund established by this Act;  |
| "Minister"                   | (d) "Minister" means the Minister of Pensions and National Health.  |
| Constitution of Council.     | 3. (1) There shall be a council to be called the "National Council on Physical Fitness" which shall consist of not less than three members and not more than ten members who shall be appointed by the Governor in Council.   |
| Tenure of office of members. | (2) The members shall hold office for a period of three years, provided that of those first appointed, three members shall be appointed to retire in one year, three members in two years and the remaining members, if any, in three years.  |
| Re-appoint-ment.             | (3) Any retiring member shall be eligible for re-appointment.   |
| Removal for cause.           | (4) Each member shall hold office during good behaviour for the period of his appointment, but may be removed for cause at any time by the Governor in Council.   |
| Filling casual vacancy       | (5) In the event of a casual vacancy occurring in the Council, the Governor in Council may appoint a person to fill such vacancy for the balance of the term of the member replaced.  |
| Chairman.                    | (6) The Governor in Council shall designate one of the members to be chairman of the Council who shall be known as, and bear the title of "National Director of Physical Fitness".  |
| Expenses of                  | (7) No member of the Council, with the exception of the Director, shall receive any payment or emolument for his services, but each member shall be entitled to receive and be paid out of the Fund his actual disbursements for expenses necessarily incurred in connection with the discharge of his duties under this Act. |



## APPENDIX B (Continued)

Salary of Director	(8) The Director shall be paid out of the Fund such annual salary as may be determined by the Governor in Council.
Headquarters of Council.	(9) The headquarters of the Council shall be at the City of Ottawa, in the province of Ontario, and the Council shall meet at such times and places as the Minister may appoint, but not less than twice yearly, in the said City of Ottawa.
Employment of staff.	(10) Such professional, technical and other officers, clerks and employees as may be required for the purposes of this Act shall be appointed or employed in the manner authorized by law.
Power to make rules.	(11) The Council may make rules for regulating its proceedings and the performance of its functions.
Duties and powers of Council.	4. (1) It shall be the duty of the Council to promote the physical fitness of the people of Canada and in the performance of such duty it may <ul style="list-style-type: none"> <li>(a) assist in the extension of physical education in all educational and other establishments;</li> <li>(b) encourage, develop and correlate all activities relating to physical development of the people through sports, athletics and other similar pursuits;</li> <li>(c) train teachers, lecturers and instructors in the principles of physical education and physical fitness;</li> <li>(d) organize activities designed to promote physical fitness and to provide facilities therefor; and</li> <li>(e) co-operate with organizations such as indicated in section seven engaged in the development of physical fitness in the amelioration of physical defects through physical exercise.</li> </ul>
Idem.	(2) The Council shall carry out such other duties as are required by this Act or regulations made hereunder.
Director as chief executive Officer.	5. The Director shall be the chief executive officer of the Council and shall perform such of the duties and exercise such of the powers of the Council as are from time to time imposed upon or delegated to him by the Council, he may execute instruments and documents on its behalf.
Powers respecting contracts generally.	6. (1) With the approval of the Minister, the Council may enter into contracts and acquire personal property on behalf of His Majesty for the purposes of the Council, but no contract shall be entered into by the Council involving an expenditure in excess of five thousand dollars unless authorized by the Governor in Council.





## APPENDIX B (Continued)

- Real property. (2) Real property may be acquired on behalf of His Majesty pursuant to this Act with the approval of the Governor in Council.
- Power of Minister to make agreement with province to give financial assistance. 7. Where a province establishes an organization for the purpose of co-operating with the Council in carrying out the provisions of this Act, and such province undertakes to develop a plan of physical fitness satisfactory to the Minister, the Minister, may, with the approval of the Governor in Council, enter into an agreement covering any period with such province to provide, out of the Fund, financial assistance for the purpose of assisting such province in carrying out such plan, but the amount of such financial assistance in any year shall not exceed a sum which bears the same proportion to the sum of two hundred and twenty-five thousand dollars as the population of such province as shown by the last decennial census bears to the population of Canada as shown by such census, or an amount equal to one-half of the moneys actually expended by such province in carrying out such plan, whichever is the less.
- "The National Fitness Fund". 8. There shall be a special account in the Consolidated Revenue Fund to be known as "The National Physical Fitness Fund" to which shall be credited all sums of money which may be appropriated by Parliament for the purposes of this Act, and all sums of money received by way of grant, bequest, donation or otherwise for the purposes of or on behalf of the Council.
- Power of Minister of Finance to make disbursements on requisition on Council 1931, c.27. 9. Notwithstanding the provisions of The Consolidated Revenue and Audit Act, 1931, the Minister of Finance may, subject to the provisions of this Act, make disbursements from the Fund on the requisition of the Council for the following purposes, or any of them;
- (a) the payment of the salaries of all persons appointed or employed under or pursuant to the provisions of this Act;
  - (b) the payment of all sums of money required by the Council for the carrying out of its duties and the exercise of its powers under this Act, together with all necessary expenses in connection therewith;
  - (c) such other payments as may be authorized by this Act.





## APPENDIX B (Continued)

- |  |   |
|--|---|
| Power of Minister to refer matters to council for investigation and report | 10. The Minister may, from time to time, refer to the Council for consideration and advice, such matters relating to the operation of this Act as he thinks fit, and the Council shall investigate and report thereon to the Minister   |
| Annual and other reports of Council to Minister                            | 11. The Council shall, on or before the thirtieth day of April in each year, submit a report to the Minister upon all activities of the Council during the last preceding fiscal year, and shall, whenever so required by the Minister, furnish the Minister with such information and reports as he may require.   |
| Administration of Act  | 12. This Act shall be administered by the Minister of Pensions and National Health.   |
| Report to Parliament.  | 13. The Minister shall, as soon as possible, but not later than three months after the termination of each fiscal year, submit an annual report to Parliament covering the administration of this Act for such fiscal year, and such report shall contain a statement of all amounts paid into or credited to the Fund and all disbursements therefrom and shall include the regulations made under this Act. |
| Regulations.   | 14. The Governor in Council may make regulations for the purpose of giving effect to this Act.  |
| Proclamation.  | 15. This Act shall come into force on a date to be fixed by proclamation of the Governor in Council.  |



A P P E N D I X      C

B111 475



1st Session, 22nd Parliament, 2-3 Elizabeth II, 1953-54

THE HOUSE OF COMMONS OF CANADA.

BILL 475.

An Act to repeal the National Physical Fitness Act.

R.S., e. 190. Her Majesty, by and with the advice and consent of the Senate and House of Commons of Canada, enacts as follows:

Repeal. 1. The National Physical Fitness Act, chapter 190 of the Revised Statutes of Canada, 1952, is repealed.

Transitional 2. Notwithstanding section 1, the said Act continues in force for the purpose of carrying out and giving effect to any agreement made with a province under section 7 of the said Act and in effect at the coming into force of this Act.

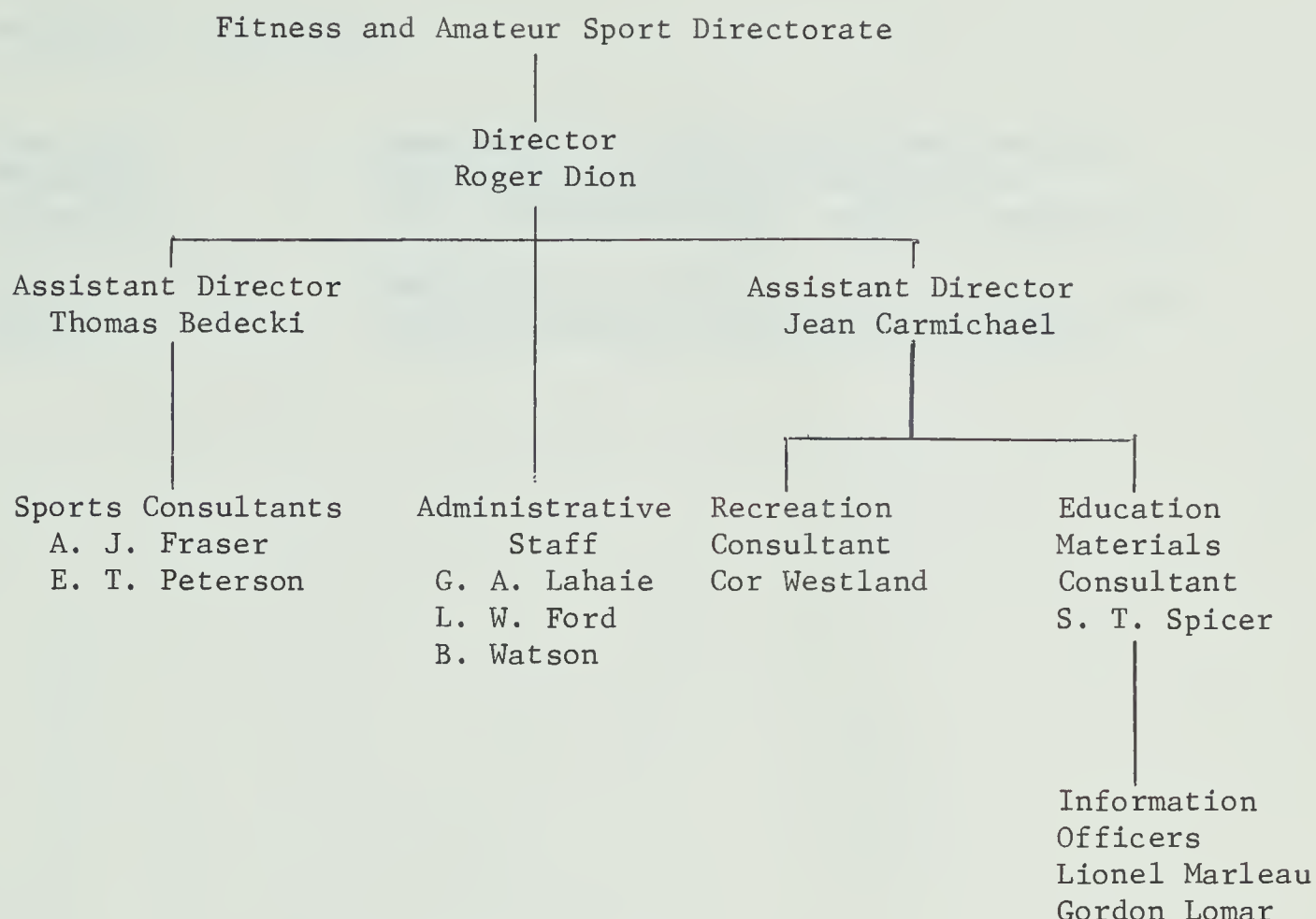




A P P E N D I X     D

LINE AND STAFF OF THE FITNESS AND AMATEUR  
SPORT DIRECTORATE





#### STAFF RESPONSIBILITIES

Director	Responsible for the on going work of the Directorate and its staff.
Miss Carmichael	Supervision of Directorate in absence of the Director. Post graduate scholarship and fellowship program. Research program. National Associations responsible for girls and women's program in fitness and amateur sport.
Mr. Bedecki	Supervision of Directorate in absence of Director. Advisory services to selected national sports governing bodies (i.e., multiple sports) Overall supervision of the liaison work with national sports governing bodies. Special studies and reports.
Sports Consultants	Advisory and consultant services to national sports governing bodies. Analysis of projects receiving federal assistance.
Recreation Consultant	Similar to sports consultant except applied to national recreation agencies. Federal provincial program.



## APPENDIX D (Continued)

Education Materials Consultant	Responsible for all audio-visual materials produced by and for the Directorate. P. R. responsibilities, reports, speeches etc.
Administrative Staff	Responsible for administrative function espe- cially relating to processing of grants.



A P P E N D I X     E

LINE AND STAFF OF THE FITNESS AND  
AMATEUR SPORT PROGRAM

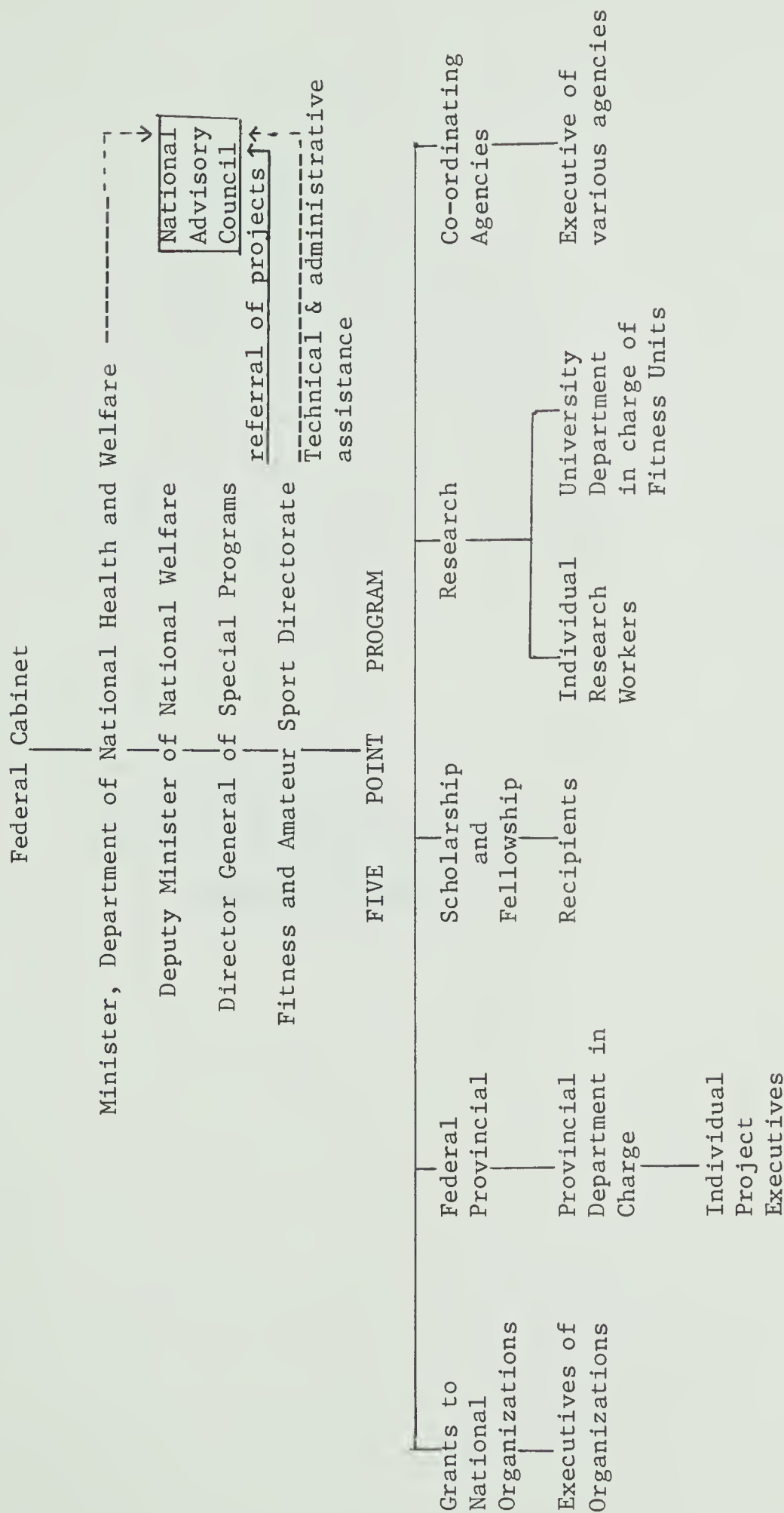




# LINE AND STAFF DIAGRAM

OF

## FITNESS AND AMATEUR SPORT PROGRAM



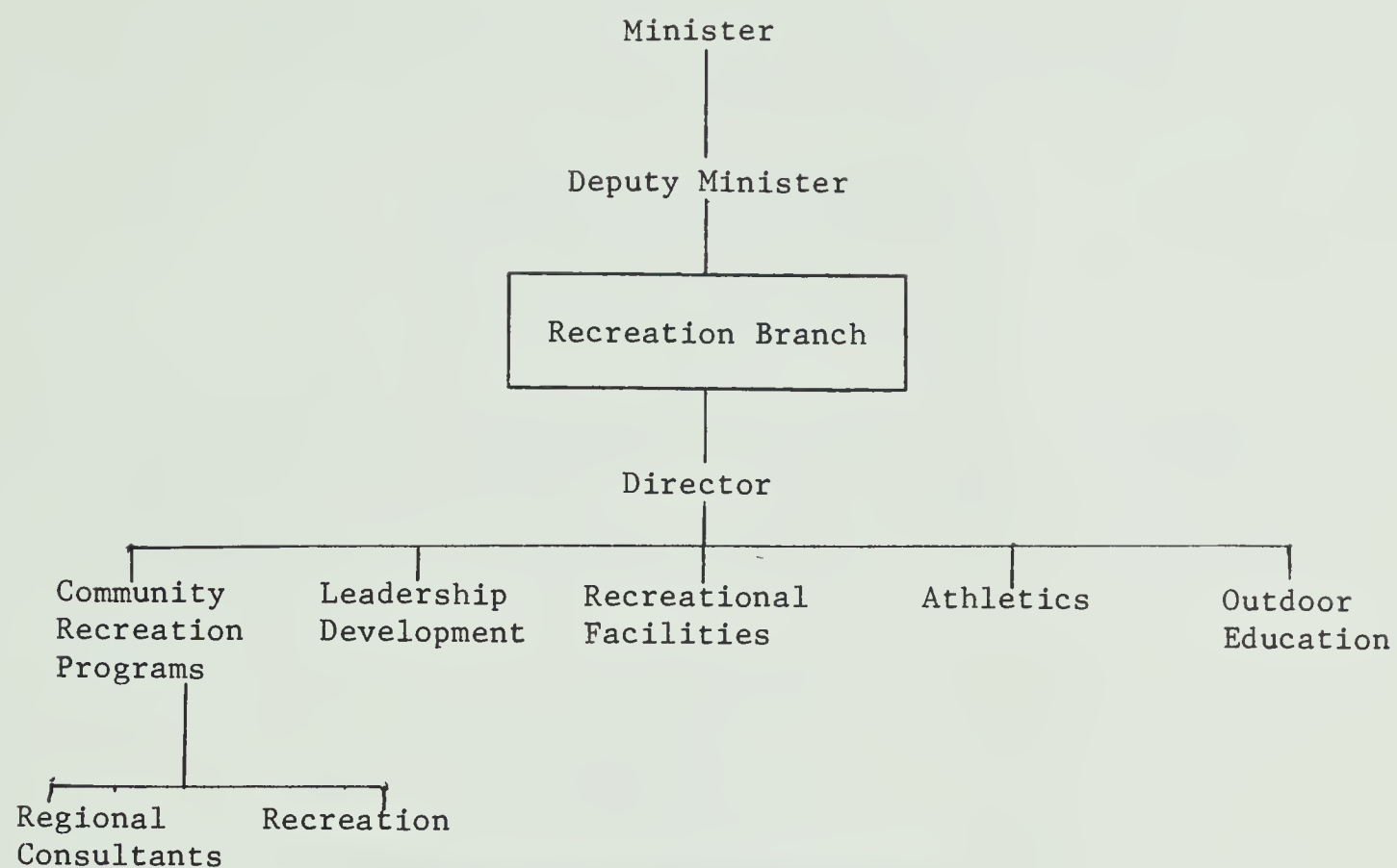
\_\_\_\_\_ line relationship

----- staff relationship



A P P E N D I X      F  
ALBERTA DEPARTMENT OF YOUTH'S  
RECREATION BRANCH









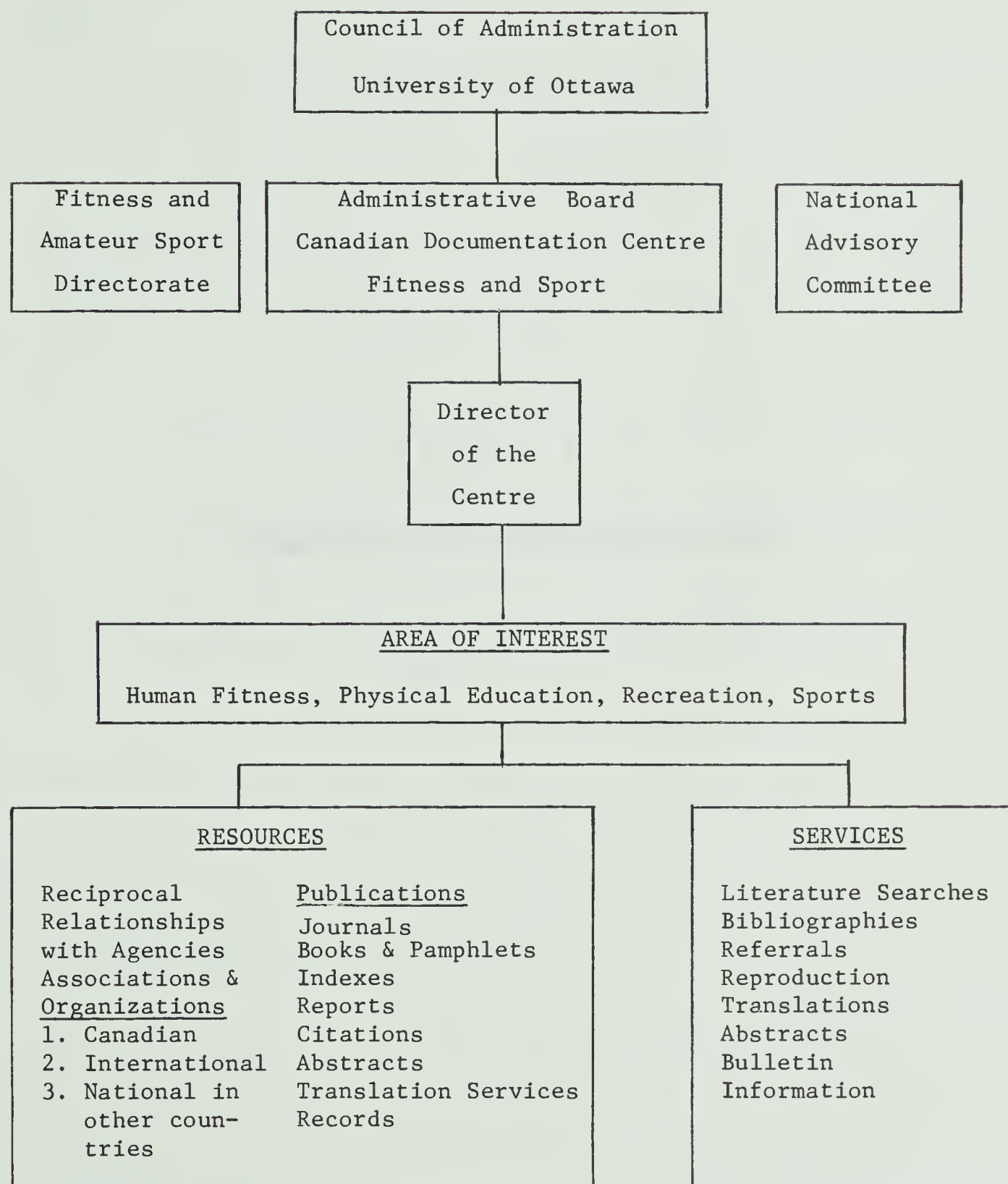
A P P E N D I X     G

CANADIAN DOCUMENTATION CENTER



## RELATIONSHIPS

## Canadian Documentation Centre - Fitness and Sport





A P P E N D I X     H

FORM LETTER TO NATIONAL ORGANIZATIONS



February 3, 1967.

Dear

I am a graduate student enrolled at the University of Alberta in the programme leading to a Master of Arts in Physical Education.

I am attempting to survey the sections of the Fitness and Amateur Sport Act as seen through the eyes of Alberta and/or Nova Scotia. In order that I can accomplish this endeavour, I would ask for your cooperation in obtaining the following details:

1. Yearly statement of monies received from the Fitness and Amateur Sport Directorate.
2. Funds and projects allocated to both the Albertan and Nova Scotian branches of your association for the years under the Act.
3. Funds and projects allotted to both branches (sections, or provincial associations) during the five years prior to the Act, i.e., 1956-61.

If for any reason all requests cannot be fulfilled, would you be so kind as to forward to me those details that are available? I will be pleased to cover the expense of reproducing the necessary material.

May I take the liberty of emphasizing that an early reply would be sincerely appreciated? Thank you.

Respectfully yours,

DRW/nm.

David R. Wilkie.





A P P E N D I X     I

QUESTIONNAIRE FORWARD TO PROVINCIAL SPORTS  
GOVERNING BODIES



PROPOSED QUESTIONS REGARDING THE ASSOCIATION  
PARTICIPATION IN THE FITNESS AND AMATEUR SPORT  
PROGRAM FROM APRIL 1, 1962 TO MARCH 31, 1967

SECTION A.

ASSISTANCE RECEIVED FROM THE PROVINCIAL GOVERNMENT  
UNDER THE FITNESS AND AMATEUR SPORT PROGRAM

1. For what projects have you received the above assistance?
2. During the above time period, what have been the problems confronting your association in the promotion of your activity within the province?
3. To what extent has the financial assistance from the above program assisted your association in solving the problems?
4. What problems have your association encountered as a result of participating in the program?
5. How can the program better assist your association in its efforts to promote your activity in the province? i.e., Recommendation for improvement of program.
6. Has your association been able to exploit the program to its fullest extent? If not, for what reasons was it unable to do so?

SECTION B.

ASSISTANCE RECEIVED FROM YOUR NATIONAL ASSOCIATION  
UNDER THE FITNESS AND AMATEUR SPORT PROGRAM

1. Are you notified of the projects for which your national organization has received Fitness and Amateur Sport funds? If so how much in advance of the project date?
2. Do you receive any financial assistance from your national organization to promote your activity in the province? If so how much and for what projects.
3. What recommendations for improvement in relationship to this section would you advocate?



A P P E N D I X     J

POST-GRADUATE QUESTIONNAIRE





FITNESS AND AMATEUR SPORT POSTGRADUATE SCHOLARSHIP  
QUESTIONNAIRE

I. CLASSIFICATION

- A. Have you received a Fitness and Amateur Sport Master's scholarship?
1. Yes
  2. No
- B. Have you received a Fitness and Amateur Sport Doctoral scholarship?
1. Yes
  2. No
- C. How have you accepted your award?
1. on a full year basis
  2. on a summer session basis
  3. a combination of both

II. NOTIFICATION

- D. To be answered by those persons who were employed at the time of filing the application for the award.

When did you receive notification from the Department of National Health and Welfare that you would be awarded a Fitness and Amateur Sport postgraduate scholarship?

1. in advance of one month prior to your resignation deadline
2. within one month of your resignation deadline
3. within one month after your resignation deadline
4. later than one month after your resignation deadline



## APPENDIX J (Continued)

5. had no specific resignation deadline.

E. To be answered only by those persons who have answered question D.

At approximately what time of the year was your resignation deadline?

1. by the end of January
2. by the end of February
3. by the end of March
4. by the end of April
5. by the end of May
6. later than the end of May
7. had no specific resignation deadline

Note: If your resignation deadline falls between any two answers, circle the earlier date as your answer.

F. To be answered only by those persons answering questions D and E.

Did the official notification provide you with sufficient time to fulfill your employment obligations and finalize your educational plans before you were required to resign?

1. Yes
2. No
3. Other (explain)

G. To be answered by all.

What would you consider to be the latest date for a candidate to receive official notification that he will either receive or not receive a Fitness and Amateur Sport scholarship?

Note: If the candidate is unsuccessful, he will probably wish to compete on the job market or remain at the same post.



## APPENDIX J (Continued)

1. by the end of January
2. by the end of February
3. by the end of March
4. by the end of April
5. by the end of May
6. other (indicate)

Note: If your deadline falls between any two answers, circle the earlier date.

## III. RECEPTION OF AWARD

H. When did you receive the first installment of the award?

1. prior to arriving at the city in which I attended university
2. after arriving at the city in which I attended university but prior to the start of classes
3. within one month after the start of classes
4. between one and two months after the start of classes
5. beyond two months after the start of classes

Note: (a) If you attended university in your home city, please circle #1 as your answer if it is not #s 3, 4, or 5.

(b) If you have taken your award in summer session installments, your answer should be an average of all your installments.

I. When is the most convenient time to receive the first installment?

1. prior to arriving at the city in which I attend university



## APPENDIX J (Continued)

2. after arriving at the city in which I attend university but prior to the start of classes
3. within a month after the start of classes
4. between one and two months after the start of classes
5. beyond two months after the start of classes (indicate when)

Note: If you have attended university in your home city, please circle #1 as your answer if it is not #s 3, 4, or 5.

J. When did you receive the final installment of the award?

1. after the start of classes but prior to the Christmas break
2. during the Christmas break
3. within a month after the Christmas break
4. between one month and two months after the Christmas break
5. after two months following the Christmas break (indicate when)

K. When is the most convenient time to receive the final installment of the award?

1. after the start of classes but prior to the Christmas break
2. during the Christmas break
3. within one month after the Christmas break
4. between one month and two months after the Christmas break
5. after two months following the Christmas break (indicate when)





## APPENDIX J (Continued)

## IV. AWARD INFLUENCE

- L. (a) To what degree did the reception of the scholarship influence you in continuing your education in the area of physical education or its allied areas?

1. no influence
2. a small influence
3. 50 - 50 influence
4. a large influence
5. complete influence

(b) What is the reason for your answer?

- M. To be answered only by those people who received this award for Master's study.

Before you applied for the award, were you aware that travel allowance would be granted if you would study in Canada and had to go outside your own province?

1. Yes
2. No

- N. (a) To what degree did the travel allowance influence your choice in a place of study?

1. no influence
2. a small influence
3. 50 - 50 influence
4. a large influence
5. complete influence

(b) What is the reason for your answer?



## APPENDIX J (Continued)

- O. To be answered only by those persons who have received the award for Doctoral study.

Before you applied for the award, were you aware that you would receive a dependent's allowance if you had any dependents?

1. Yes

2. No

- P. To be answered only by Doctoral award winners who have any dependents.

Did you have any dependents before you applied for the award?

1. Yes

2. No

If you answered Yes, to what degree did the dependent's allowance influence you in continuing your studies in the area of physical education or its allied areas?

1. no influence

2. a small influence

3. 50 - 50 influence

4. a large influence

5. complete influence

What is the reason for your answer?

- Q. How do you feel about the amount of the award?

(a) for a single student

1. too much

2. no enough

3. adequate



## APPENDIX J (Continued)

(b) for a married student

1. too much
2. not enough
3. adequate

If you have not answered "adequate", what amount would you suggest?

(a) for a single student

(b) for a married student

## V. EMPLOYMENT OBLIGATION

R. Have you fulfilled the employment obligation that is associated with the reception of this award?

1. Yes
2. No

S. To be answered only by those persons answering in the negative to question R.

Will you have fulfilled this employment obligation by the summer of 1970?

1. Yes
2. No

T. To be answered only by those persons answering in the negative to question S.

For what reason will you not be able to fulfill this employment obligation before the summer of 1970?

## VI. GENERAL

U. (a) Were you a Canadian citizen when you applied for the scholarship?





## APPENDIX J (Continued)

1. Yes

2. No

(b) Are you a Canadian citizen now?

1. Yes

2. No

V. Should a candidate for a Master's degree be eligible for a scholarship each year if his program is considered to be a two year program?

1. Yes

2. No

3. Other (specify)

W. Should a candidate for a Master's degree be eligible for a dependent's allowance?

1. Yes

2. No

3. Other (specify)

## VII. EVALUATION

X. What aspects of the present scholarship program do you feel need revision?

Y. What aspects of the present scholarship program do you feel should remain unchanged?



A P P E N D I X      K

POST-GRADUATE QUESTIONNAIRE RESULTS



POST-GRADUATE SCHOLARSHIP QUESTIONNAIRE RESULTS

Questions	Classification			Notification			Reception				
	A	B	C	D	E	F	G	H	I	J	K
Answers	NUMBER ANSWERING										
1	48	22	33	15	--	18	22	42	48	--	7
2	10	36	13	3	2	3	17	4	3	2	13
3			11	2	1	5	12	7	5	19	17
4				1	3		5	2		18	2
5				7	4		--	2			
6					11		2				
7					7						
TOTAL	58	58	57	28	28	26	58	57	56	39	39
	PERCENTAGE ANSWERING										
1	82.8	37.9	58	53.6	-----	69.2	37.9	73.7	85.7	-----	17.9
2	17.2	62.1	22.8	10.7	7.1	11.5	29.3	7	5.4	5.1	33.4
3			19.2	7.1	3.6	19.3	20.7	12.3	8.9	48.7	43.6
4				3.6	10.7		8.6	3.5		46.2	5.1
5				25	14.3		-----	3.5			
6					39.3		3.5				
7					25						
TOTAL	100	100	100	100	100	100	100	100	100	100	100



## POST-GRADUATE SCHOLARSHIP QUESTIONNAIRE RESULTS (continued)





A P P E N D I X      L

UNDERGRADUATE QUESTIONNAIRE



FITNESS AND AMATEUR SPORT UNDERGRADUATE  
QUESTIONNAIRE

PLACE THE NUMBER OF THE ANSWER IN THE BLANK OPPOSITE THE CORRECT LETTER ON THE ANSWER SHEET FOR ALL QUESTIONS EXCEPT H, W, X, Y, Z, AND THE (B) SECTIONS OF I, J, K, L, M, P AND S. WRITE THESE ON THE SHEETS PROVIDED.

ANSWER ALL QUESTIONS HONESTLY. YOUR NAME WILL NOT BE USED WITH ANY OF THE ANSWERS.

- A. Have you received a F.A.S. scholarship?      1. YES      2. NO
- B. How many times have you received a F.A.S. bursary?  
1. NEVER      2. ONCE      3. TWICE      4. THREE TIMES      5. FOUR TIMES
- C. At what time of the academic year did you receive word of winning the award?      1. PRIOR TO REGISTRATION      2. AFTER REGISTRATION BUT PRIOR TO THE CHRISTMAS BREAK      3. DURING THE CHRISTMAS BREAK  
4. AFTER THE CHRISTMAS BREAK BUT PRIOR TO THE END OF THE YEAR  
5. AFTER THE END OF THE ACADEMIC YEAR
- D. At what time of the academic year is it most convenient for you to learn officially that you will receive a F.A.S. award for that year?      1. PRIOR TO REGISTRATION      2. AFTER REGISTRATION BUT PRIOR TO THE CHRISTMAS BREAK      3. DURING THE CHRISTMAS BREAK  
4. AFTER THE CHRISTMAS BREAK BUT PRIOR TO THE END OF THE YEAR  
5. AFTER THE END OF THE YEAR
- E. At what time of the university year did you actually receive the award money?      1. PRIOR TO REGISTRATION      2. AFTER REGISTRATION BUT PRIOR TO THE CHRISTMAS BREAK      3. DURING THE CHRISTMAS BREAK  
4. AFTER THE CHRISTMAS BREAK BUT PRIOR TO THE END OF THE YEAR  
5. AFTER THE END OF THE ACADEMIC YEAR
- F. What time of the academic year is it most convenient for you to receive the award money?      1. PRIOR TO REGISTRATION      2. AFTER REGISTRATION BUT PRIOR TO THE CHRISTMAS BREAK      3. DURING THE CHRISTMAS BREAK  
4. AFTER THE CHRISTMAS BREAK BUT PRIOR TO THE END OF THE YEAR  
5. AFTER THE END OF THE ACADEMIC YEAR



## APPENDIX L (continued)

- G. Were you aware of the availability of the F.A.S. awards prior to registration of your first year of university?  
1. YES      2. NO
- H. By what means did you first hear about the existence of such awards?  
\*If it was a person indicate his position
- I. (a) SCHOLARSHIP WINNERS ONLY: To what extent did the reception of a F.A.S. scholarship influence your decision in choosing Physical Education or Recreation as your profession?      1. NO INFLUENCE      2. A SMALL INFLUENCE      3. 50 - 50      4. A LARGE INFLUENCE      5. A COMPLETE INFLUENCE
- (b) Why?
- J. (a) BURSARY WINNERS ONLY: To what extent did the reception of a F.A.S. bursary influence your decision in choosing Physical Education or Recreation as your profession?      1. NO INFLUENCE      2. A SMALL INFLUENCE      3. 50 - 50      4. A LARGE INFLUENCE      5. A COMPLETE INFLUENCE
- (b) Why?
- K. (a) To what did the possibility of the reception of a F.A.S. scholarship influence your decision in choosing Physical Education or Recreation as your profession?      1. NO INFLUENCE      2. A SMALL INFLUENCE      3. 50 - 50      4. A LARGE INFLUENCE      5. A COMPLETE INFLUENCE
- (b) Why?
- L. (a) To what extent did the possibility of the reception of a F.A.S. bursary influence your decision in choosing Physical Education or Recreation as your profession?      1. NO INFLUENCE      2. A SMALL INFLUENCE      3. 50 - 50      4. A LARGE INFLUENCE      5. A COMPLETE INFLUENCE
- (b) Why?
- M. (a) To what extent did the reception of either award make it possible for you to remain in your Physical Education or Recreation program?      1. NO EFFECT      2. A LITTLE EFFECT      3. A LARGE EFFECT      4. COULD NOT HAVE CONTINUED WITHOUT IT





## APPENDIX L (continued)

(b) Why?

- N. Were you able to take a Physical Education or Recreation orientated but lower paying job during the summer because you had received or would receive a F.A.S. award? 1. YES 2. NO
- O. Did you happen to know prior to university registration, during the year of your award, that you would be ineligible for a F.A.S. award if you would attend an American Physical Education or Recreation programme? 1. YES 2. NO
- P. (a) To what extent did the eligibility regulation outlined in the previous question influence your selection of a Canadian as opposed to an American institution? 1. NO INFLUENCE 2. A SMALL INFLUENCE 3. 50 - 50 4. A LARGE INFLUENCE 5. COMPLETE INFLUENCE
- (b) Why?
- Q. What do you consider the minimum amount of an award to be in order that it would attract a student, planning to go to university, to enter a Physical Education or Recreation Program? 1. under \$100. 2. \$100. - \$250. 3. \$251. - \$400. 4. \$401. - \$550. 5. \$551. - \$750. 6. \$751. - \$1000. 7. over \$1000.
- R. For what purpose do you feel an educational award should be spent? 1. TUITION, BOOKS, PROFESSIONAL SUPPLIES 2. ROOM AND BOARD 3. TRAVELLING 4. CLOTHING 5. FREE CHOICE, NO LIMITS
- S. (a) How was your award spent? 1. TUITION, BOOKS, PROFESSIONAL SUPPLIES 2. ROOM AND BOARD 3. TRAVELLING 4. CLOTHING 5. OTHERS
- (b) Why?
- T. To what extent would you have been in agreement if the F.A.S. Directorate had deposited your award with the university Registrar in favour of your account? 1. NO AGREEMENT 2. LITTLE AGREEMENT 3. INDIFFERENT 4. LARGE AGREEMENT 5. COMPLETE AGREEMENT



## APPENDIX L (continued)

- U. How long do you intend to remain employed in physical education or recreation?    1. LESS THAN A YEAR    2. ONE TO TWO YEARS  
3. TWO TO FIVE YEARS    4. FIVE TO TEN YEARS    5. MORE THAN TEN YEARS
- V. Where do you wish to be employed?    1. ALBERTA    2. WEST OF ONTARIO BUT NOT IN ALBERTA    3. ONTARIO OR QUEBEC    4. ATLANTIC PROVINCES    5. OUTSIDE CANADA
- W. How might the present program of F.A.S. undergraduate awards be improved?
- X. From a student's point of view what is the major change that you feel should be made in the present system of F.A.S. undergraduate awards? \*Answer should be one of (W) above.
- Y. From a student's point of view, what are the strong points in the present system of F.A.S. undergraduate awards?
- Z. Of those listed in question (Y) what is the most important point?

ENCOURAGED AND SUPPORTED BY

RECREATION BRANCH  
DEPARTMENT OF YOUTH  
per

J. W. Riddel

FACULTY OF  
PHYSICAL EDUCATION  
U. OF ALBERTA  
M. L. VAN VLIET



A P P E N D I X      M

UNDERGRADUATE QUESTIONNAIRE RESULTS



UNDERGRADUATE QUESTIONNAIRE RESULTS

Questions	A	B	C	D	E	F	G	I <sub>a</sub>	J <sub>a</sub>	K <sub>a</sub>	L <sub>a</sub>	M <sub>a</sub>	N	O	P <sub>a</sub>	Q	R	S <sub>a</sub>	T	U	V
Answers	NUMBERS ANSWERING																				
1	24	6	--	50	--	11.5	11	14	72	55	75	18	13	7	85	1	41.5	28.8	33.5	2	74
2	64	46	12	34	1	51	77		2	3	5	30	73	81	--	14	8.5	20.8	17	5	6
3		26	4	3	1	6			3	1	--	35			1	39	.5	2.5	19	8	1.5
4		9	72	1	86	19.5			2	1	3	4			1	19	.5	4.3	5	14	1
5		1														7	37	28.8	12.5	56	5.5
6																6					
7																2					
TOTAL	88	88	88	88	88	88	88	14	79	60	83	87	86	88	87	88	88	85	87	85	88
	PERCENTAGE ANSWERING																				
1	27.3	6.8	----	56.8	----	13.1	12.5	100	91.1	91.7	90.4	20.7	15.1	8	97.7	1.1	47.2	33.8	38.5	2.4	84.1
2	72.7	52.3	13.6	38.6	1.1	58	87.5		2.5	5	6	34.5	84.9	92	----	15.9	9.6	24.4	19.5	5.9	6.8
3		29.5	4.6	3.5	1.1	6.7			3.8	1.7	----	40.2			1.1	44.3	.6	3	21.8	9.4	1.7
4		10.2	81.8	1.1	97.8	22.2			2.5	1.7	3.6	4.6			1.1	21.6	.6	5	5.7	16.1	1.1
5		1.1														8	42	33.8	14.3	65.9	6.3
6																6.8					
7																2.3					
TOTAL	100	99.9	100	100	100	100	100	100	99.9	100.1	100	100	100	100	99.9	100	100	100	99.8	99.7	100





A P P E N D I X     N

FEDERAL-PROVINCIAL PROJECTS IN ALBERTA

APRIL, 1962 TO MARCH, 1967



FEDERAL-PROVINCIAL PROJECTS IN ALBERTA  
APRIL, 1962 TO MARCH, 1967

<u>Group</u>	<u># of Projects</u>	<u>Total Cost \$</u>
Archery	1	131.93
Baseball Umpires	4	892.89
Basketball	5	915.98
Camping	11	4,088.75
Equipment	7	5,630.97
Fastball	1	180.60
Fastball Umpires	2	291.93
Fencing	2	189.45
Fitness and Amateur Sport Survey	1	20,174.00
Figure Skating	1	137.93
Films and Books	7	7,647.37
Football	1	46.20
Gymnastics	2	285.48
Hockey	5	3,100.86
Inservice Training	4	3,340.08
Lawn Tennis	2	1,351.53
Leadership Workshop	4	1,260.00
Lifeguard Service	7	1,249.60
Life Saving	7	1,236.02
Municipal Recreation Boards	5	12,147.49
Provincial Sports Governing Bodies	2	752.74
Publications	4	1,327.87
Recreation and Athletic Workshop	1	2,638.99
Red Cross	3	670.66
Scholarships and Bursaries	346	110,800.00
Secretarial Service	1	1,208.51
Skiing	3	2,388.61



## APPENDIX N (Continued)

<u>Group</u>	<u># of Projects</u>	<u>Total Cost \$</u>
Speed Skating	3	513.03
Swimming	9	1,369.24
Track and Field	3	818.18
Volleyball	3	404.86
Wrestling	2	237.72
GRAND TOTAL	<hr/> 453	<hr/> 187,429.37





A P P E N D I X     O

FITNESS AND AMATEUR SPORT PROGRAM  
EXPENDITURES DECEMBER, 1961 TO APRIL, 1967



FITNESS AND AMATEUR SPORT PROGRAM EXPENDITURES  
DECEMBER, 1961 TO APRIL, 1967

YEAR PROGRAM	1961-62 \$	1962-63 \$	1963-64 \$	1964-65 \$	1965-66 \$	1966-67 \$	Total \$
Grants to National Organizations	168,835	524,502	1,003,196	978,981	1,595,223	3,506,560	7,777,297
Federal							
-							
Prov incial	-----	355,780	403,692	450,037	703,059	669,289	2,581,857
Scholarship and Fellowships	-----	70,148	135,901	162,693	208,037	188,675	765,454
Fitness Research	-----	34,348	43,118	256,837	283,834	345,988	964,125
Informational Services	-----	A.N.A.*	98,788	164,388	A.N.A.*	A.N.A.*	263,176 +
TOTAL \$	168,835	984,778 +	1,684,695	2,012,936	2,790,153 +	4,710,512 +	12,351,909 +

\*Amount not available.











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